

100

NO-EQUIPMENT **WORKOUTS**

visual easy-to-follow routines
for all fitness levels

Volume 4

N. Rey | DAREBEE

100 No-Equipment Workouts
Volume 4
2021

100 workouts - Volume IV

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70. Protagonist
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74. Regen
75. Right Place Right Time
76. Rocking Around
77. Sage
78. Search & Rescue
79. Self-Care
80. Serenity
81. Setting Goals
82. Silent
83. Something I Can Do
84. Splinter
85. Stay Sane
86. Story Mode
87. Stronger Today
88. Today
89. Total Control
90. Track & Field
91. Unicorn
92. Unwind
93. Up & Down
94. Upperbody Tendon Strength
95. What Doesnt Kill You
96. Workout I Promised
97. Workout That Happened
98. Worth It
99. Wrestler
100. Zen

Introduction

Bodyweight training may look easy, but if you are not used to it, it's very far from that. It is just as intense as running and it is just as challenging so if you struggle with it at the very beginning, it's perfectly ok – you will get better at it once you start doing it regularly. Do it at your own pace and take longer breaks if you need to.

You can start with a single individual workout from the collection and see how you feel. If you are new to bodyweight training always start any workout on Level I (level of difficulty).

You can pick any number of workouts per week, usually between 3 and 5 and rotate them for maximum results.

Some workouts are more suitable for weight loss and toning up and others are more strength oriented, some do both. To make it easier for you to choose, they have all been labelled according to FOCUS, use it to design a training regimen based on your goal.

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn't mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you'll benefit from doing exercises that produce results in both areas.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like pull-ups have been excluded. If you want to work on your biceps and back more and you have access to a pull-up bar, have one at home or can use it somewhere else like the nearest playground (monkey bars), you can do wide and close grip pull-ups, 3 sets to failure 2-3 times a week with up to 2 minutes rest in between sets in addition to your training. Alternatively, you can add pull-ups at the beginning or at the end of every set of a Strength Oriented workout.

All of the routines in this collection are suitable for both men and women, no age restrictions apply.

The Manual

Workout posters are read from left to right and contain the following information: grid with exercises (images), number of reps (repetitions) next to each, number of sets for your fitness level (I, II or III) and rest time.

SAMPLE WORKOUT

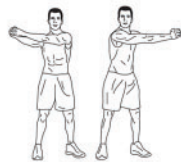
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 jumping jacks



20 high knees



40 side-to-side chops



10 squats



20 lunges



10-count plank



20 climbers



10 plank jump-ins



to failure push-ups

Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

10 squats

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes -
it's up to you.

"Reps" stands for repetitions, how many times an exercise is performed. Reps are usually located next to each exercise's name. Number of reps is always a total number for both legs / arms / sides. It's easier to count this way: e.g. if it says 20 climbers, it means that both legs are already counted in - it is 10 reps each leg.

Reps to failure means to muscle failure = your personal maximum, you repeat the move until you can't. It can be anything from one rep to twenty, normally applies to more challenging exercises. The goal is to do as many as you possibly can.

The transition from exercise to exercise is an important part of each circuit (set) - it is often what makes a particular workout more effective. Transitions are carefully worked out to hyperload specific muscle groups more for better results. For example if you see a plank followed by push-ups it means that you start performing push-ups right after you finished with the plank avoiding dropping your body on the floor in between.

There is no rest between exercises - only after sets, unless specified otherwise. You have to complete the entire set going from one exercise to the next as fast as you can before you can rest.

What does "up to 2 minutes rest" mean: it means you can rest for up to 2 minutes but the sooner you can go again the better. Eventually your recovery time will improve naturally, you won't need all two minutes to recover - and that will also be an indication of your improving fitness.

Recommended rest time:

Level I: 2 minutes or less

Level II: 60 seconds or less

Level III: 30 seconds or less

If you can't do all out push-ups yet on Level I it is perfectly acceptable to do knee push-ups instead. The modification works the same muscles as a full push-up but lowers the load significantly helping you build up on it first. It is also ok to switch to knee push-ups at any point if you can no longer do full push-ups in the following sets.

Video Exercise Library

<http://darebee.com/exercises>

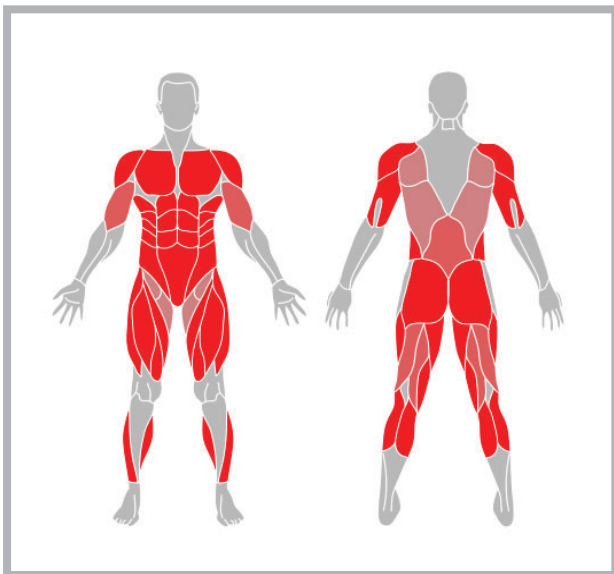
The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

1

Action Hero

Action Hero is a strength and tone workout that will also challenge fascial fitness, spine flexibility, core stability and the endurance of your quads. Go as high as you possibly can with each jump squat and move your entire body behind each punch by swiveling on the foot of the arm you are punching with each time. It starts easily enough but the load just keeps on building up.

Focus: High Burn



ACTION ***HERO***

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

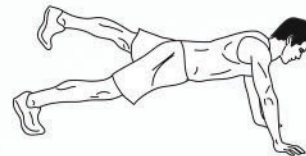
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



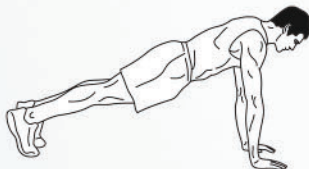
10-count plank



10 plank leg raises



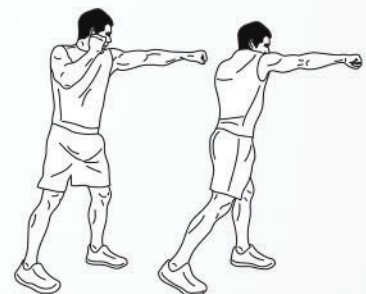
4 jump squats



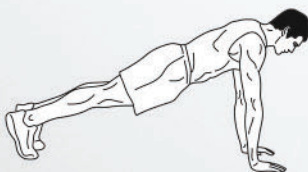
10-count plank



4 push-ups



40 punches



10-count plank



10 plank rotations



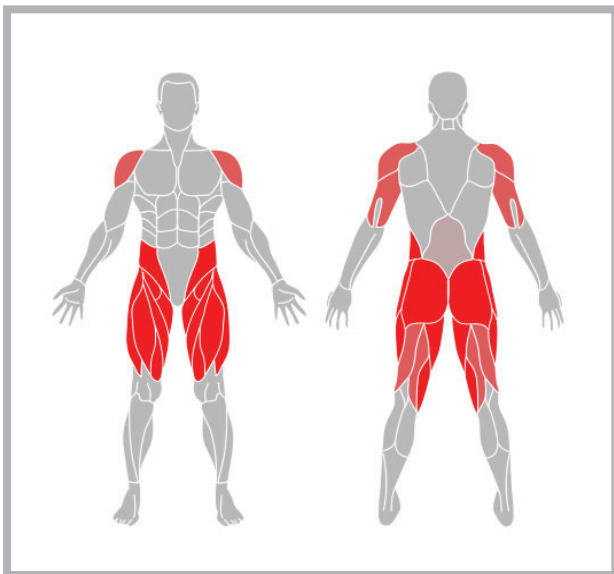
4 jump squats

2

Anywhere Anytime

The Anywhere, Anytime workout is perfect for the times when you need a workout you can do anywhere, anytime. Deceptively simple, it challenges the entire body in a series of exercises that test muscles, tendons and ligaments. Perfect as a maintenance workout when you're in between harder ones plus exactly what is called for when you're getting back into fitness after a lay-off.

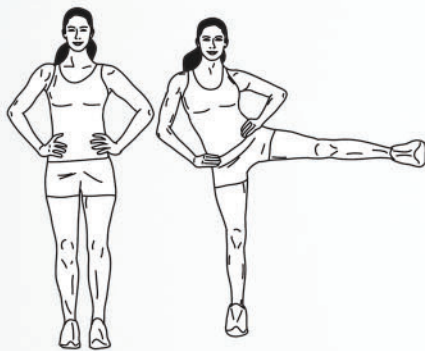
Focus: High Burn



ANYWHERE, ANYTIME

DAREBEE WORKOUT @ darebee.com

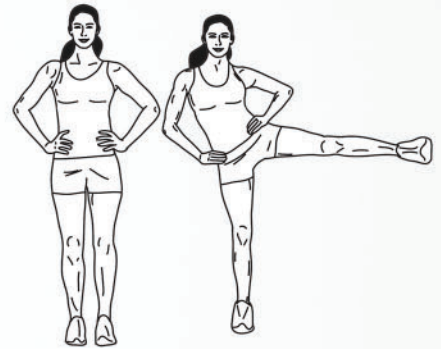
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



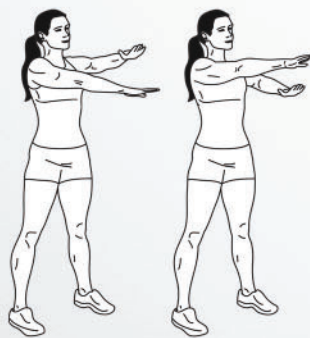
20 side leg raises



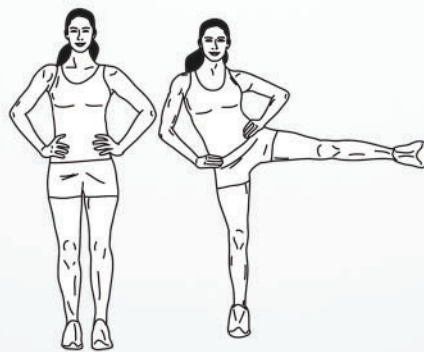
20 raised arm circles



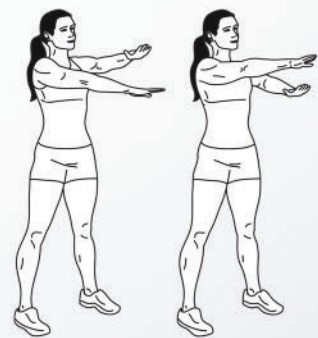
20 side leg raises



20 arm scissors



20 side leg raises



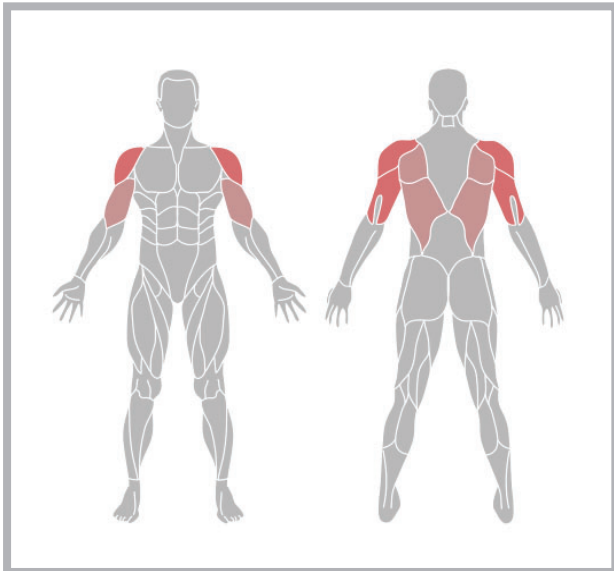
20 arm scissors

3

Arms And Shoulders

Upper body strength takes time to develop. It needs for the muscles and tendons to work in tandem in order to activate the adaptations required to get stronger. Arms & Shoulders is a great step towards that goal. It works everything you need to work in the upper body area in the first instance, without pushing you to your limit or exhausting your store of energy. Make it part of your routine and you get to travel further in your fitness journey.

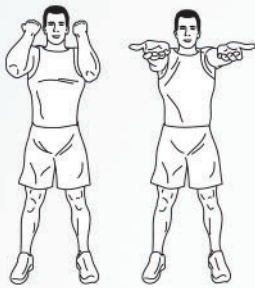
Focus: Strength & Tone



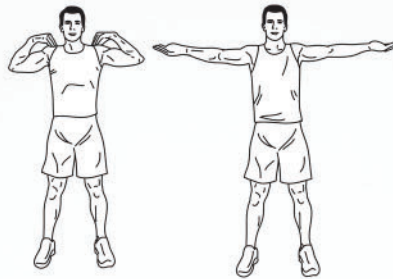
ARMS & SHOULDERS

DAREBEE WORKOUT @ darebee.com

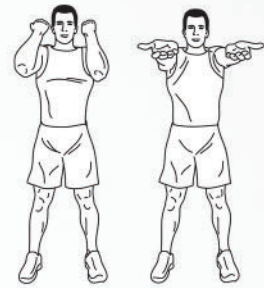
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



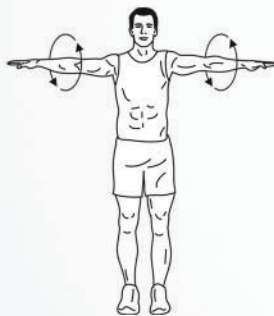
10 bicep extensions



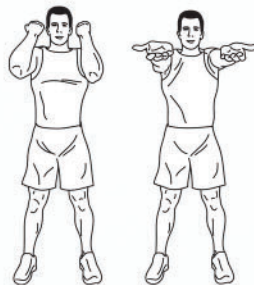
10 side shoulder taps



10 bicep extensions



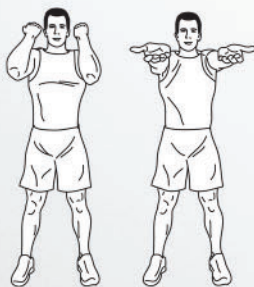
10 arm circles



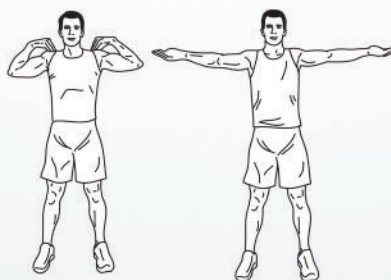
10 bicep extensions



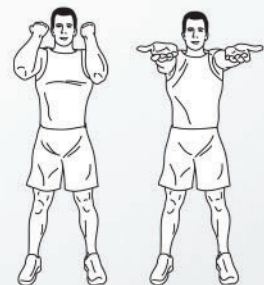
10 arm circles



10 bicep extensions



10 side shoulder taps



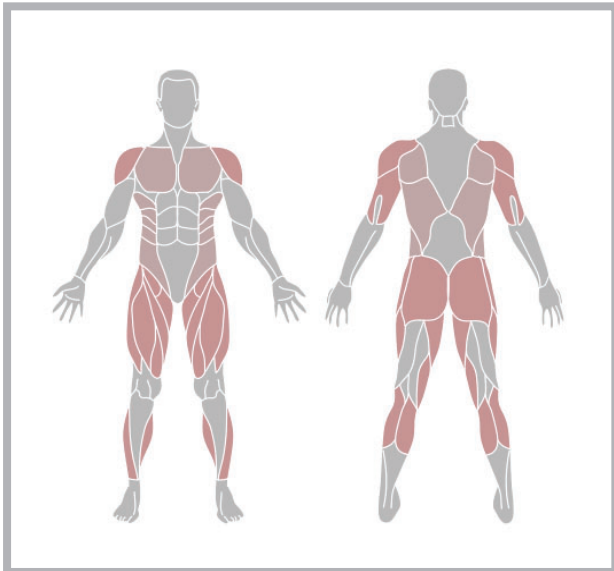
10 bicep extensions

4

Awake & Alive

There are those days when you really need to feel alive. To do that your body temperature needs to rise, your lungs need to start working a little harder. Your heart rate needs to go up and oxygenated blood needs to flow faster through your body supplying necessary fuel and nutrients to your muscles and brain.

Focus: High Burn



AWAKE & **ALIVE**

DAREBEE
WORKOUT

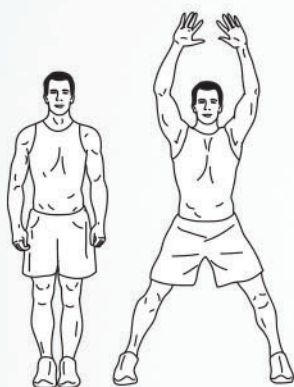
@ darebee.com

LEVEL I 3 sets

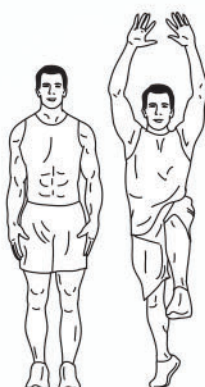
LEVEL II 5 sets

LEVEL III 7 sets

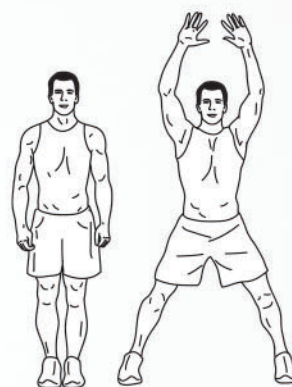
REST up to 2 minutes



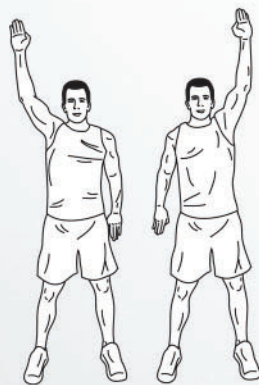
10 jumping jacks



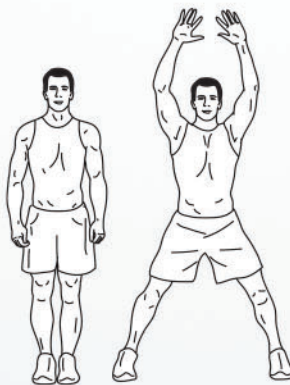
10 march jacks



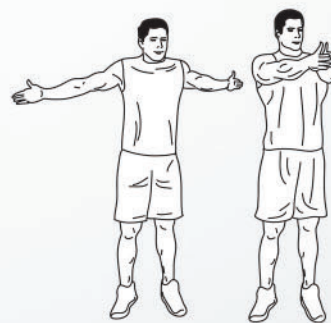
10 jumping jacks



10 alt chest expansions



10 jumping jacks



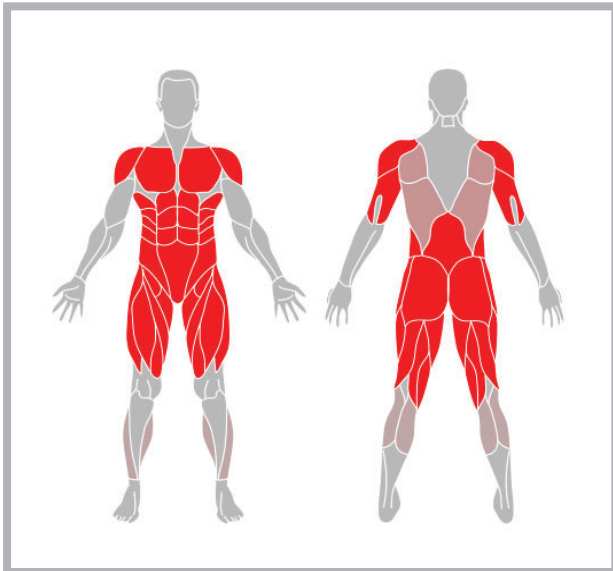
10 chest expansions

5

Because Cake

A full body strength workout that will help you maintain muscle tone and progress further along your fitness journey has to tackle every major muscle group without ignoring core, tendons and ligaments. The Because Cake workout delivers on all these fronts.

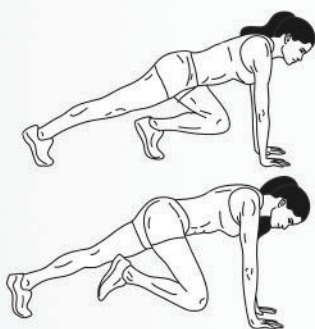
Focus: Strength & Tone



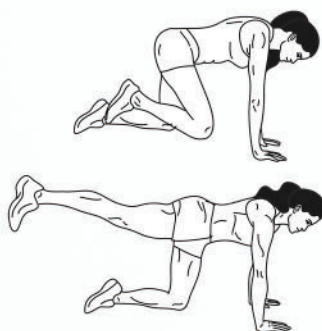
BECAUSE CAKE

DAREBEE WORKOUT @ darebee.com

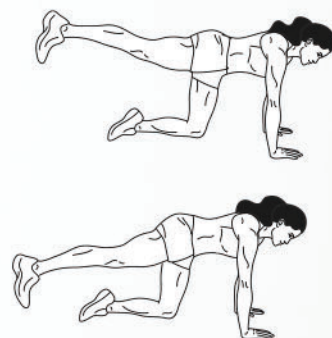
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



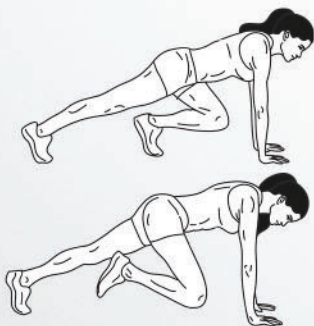
10 climbers



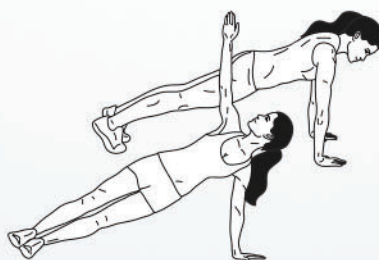
10 plank kicks



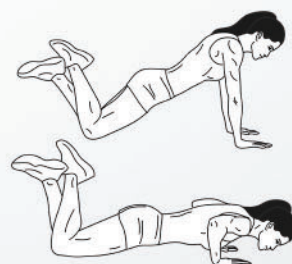
10 plank leg swings



10 climbers



10 plank rotations



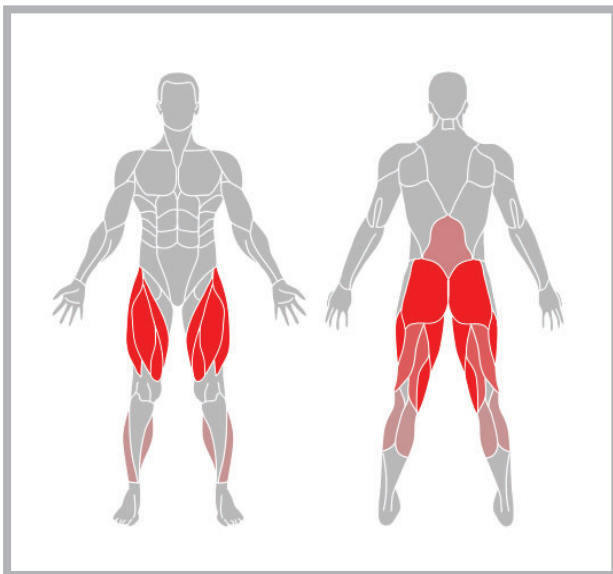
5 knee push-ups

6

Bedtime Glutes

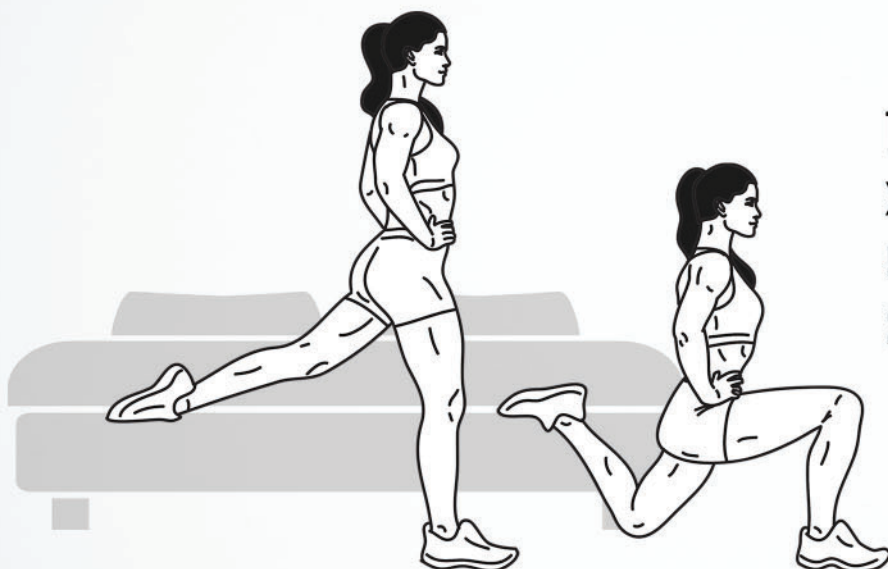
Glutes power the way we walk, run, jump, kick and stand. Bedtime Glutes is the kind of any time, any place workout you can do to help, progressively train up your glutes. Perfect for that just-before-bed exercise or indeed a quick morning routine before you leap in the shower.

Focus: Strength & Tone



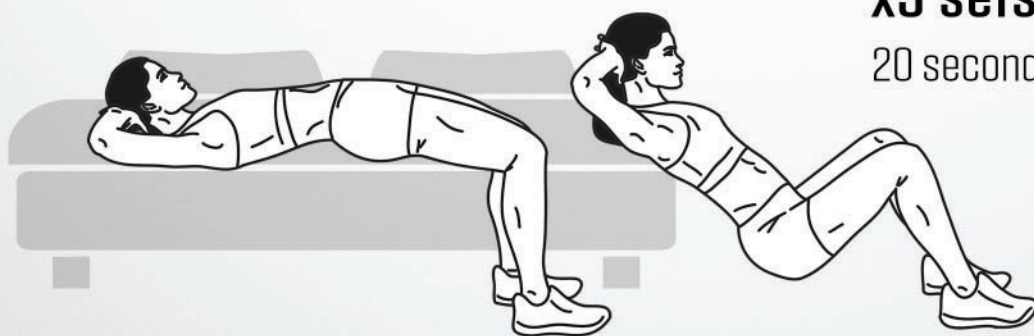
bedtime **GLUTES**

DAREBEE WORKOUT @ darebee.com



10 split squats
x3 sets

5 repetitions per leg
20 seconds between sets



10 raised bridges
x3 sets

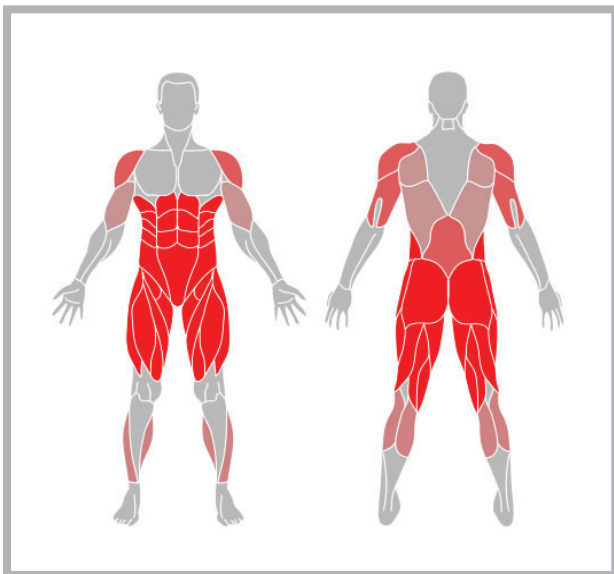
20 seconds between sets

7

Best Self

You train to get to the best version of you possible in a sustained, sustainable way. My Best Self is a workout designed to help you get there. A difficulty Level III workout that targets the entire body it recruits all the major muscle groups to deliver strength and tone benefits.

Focus: Strength & Tone



MY BEST SELF

WORKOUT

BY DAREBEE

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
in between



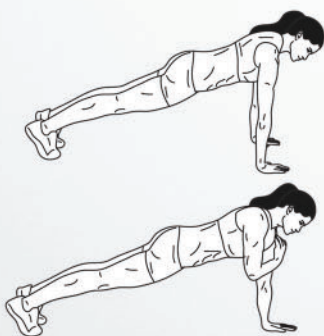
20 march steps



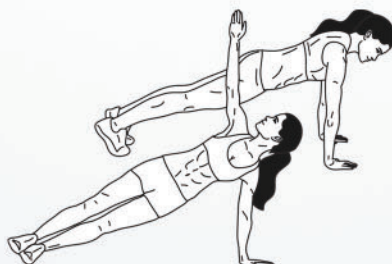
10 lunge step-ups



10 side lunges



20 shoulder taps



10 plank rotations



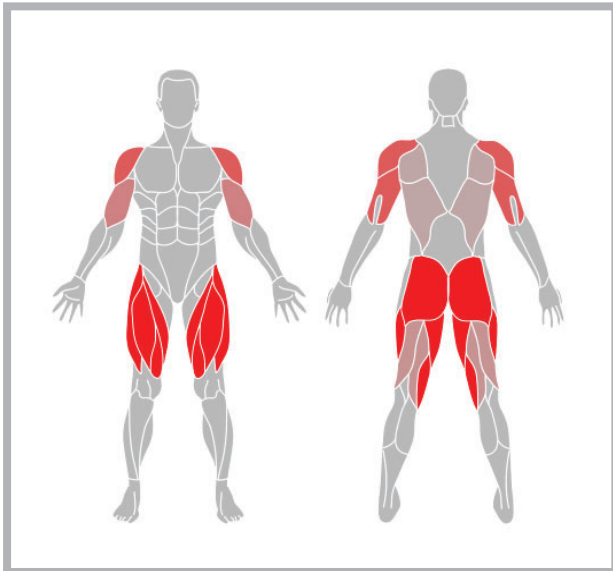
10 climber taps

8

Best Thing

A full body strength and conditioning workout that will not drain your batteries can only be called Best Thing Since Sliced Bread. Perfectly suitable for beginners it can also prove a challenge for more advanced levels.

Focus: Strength & Tone



BEST THING SINCE SLICED BREAD

DAREBEE
WORKOUT
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Level I 3 sets

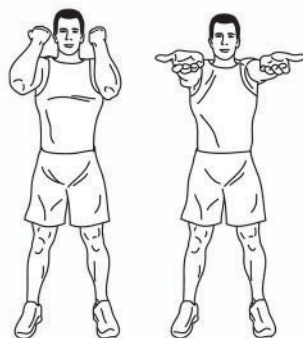
Level II 5 sets

Level III 7 sets

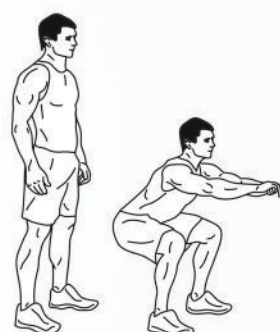
2 minutes rest



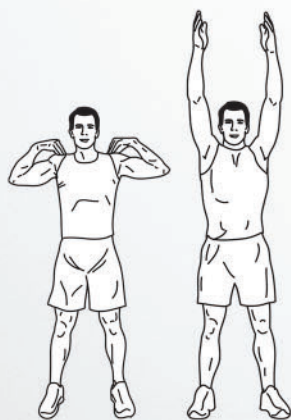
5 squats



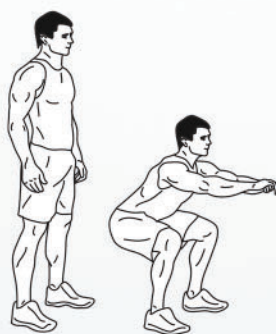
20 bicep extensions



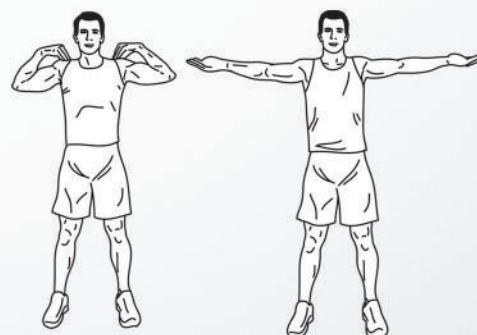
5 squats



20 shoulder taps



5 squats



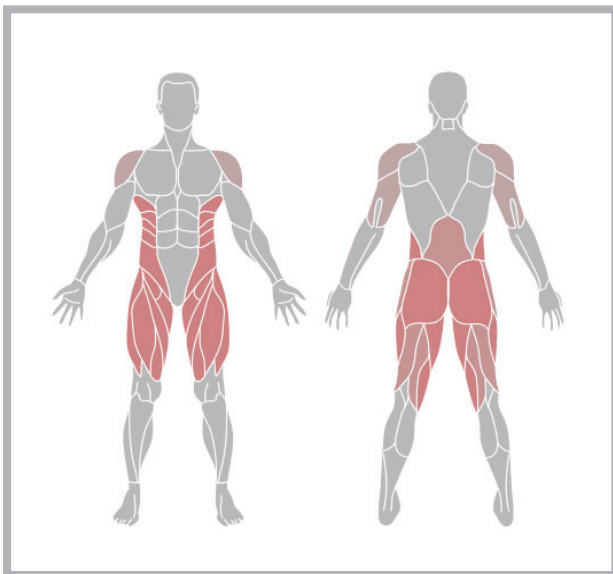
20 side shoulder taps

9

Better Balance

The Better Balance workout is all about better balance which means that all the exercises target your lower body and core without neglecting tendons and ligaments. It is designed to help you improve muscle stability, muscle control and body awareness.

Focus: Stretching



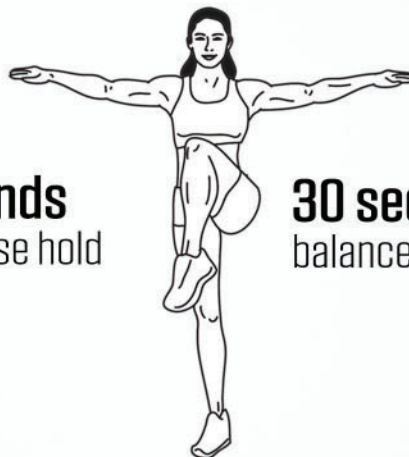
Better Balance

DAREBEE WORKOUT @ darebee.com

Change sides and repeat the sequence.



30 seconds
side leg raise hold



30 seconds
balance hold #1



30 seconds balance hold #2



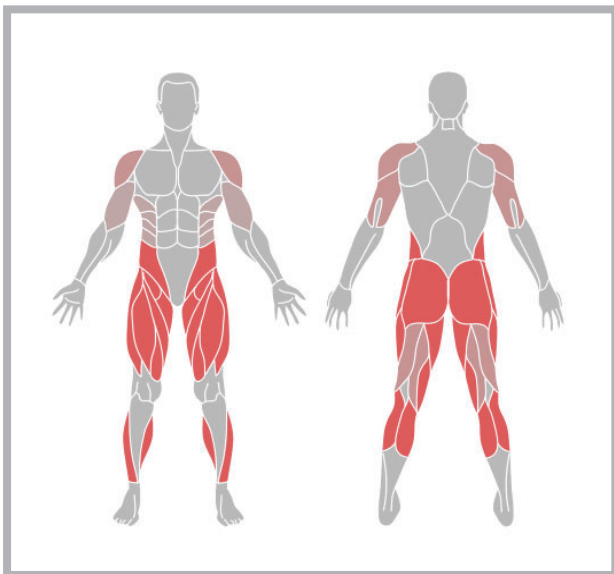
30 seconds balance hold #3

10

Better Than Nothing

Better Than Nothing is a high-burn workout that utilizes the body's large muscle groups to create a large oxygen demand. This forces the heart to pump harder and the lungs to work more. It helps improve VO2 Max performance, gets you into the sweat zone and, most importantly, helps you become fitter, trimmer and more in charge of your own body.

Focus: High Burn



BETTER THAN NOTHING

DAREBEE WORKOUT

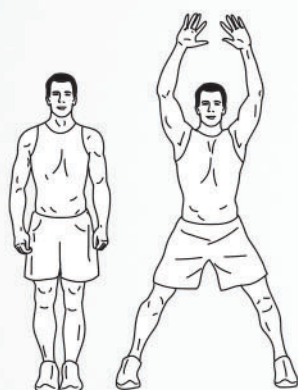
@ darebee.com

LEVEL I 3 sets

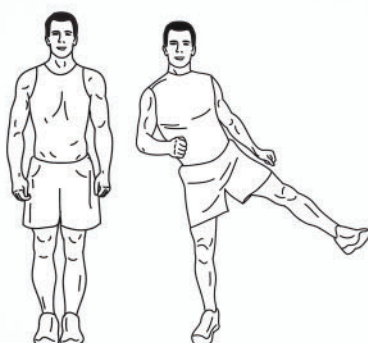
LEVEL II 5 sets

LEVEL III 7 sets

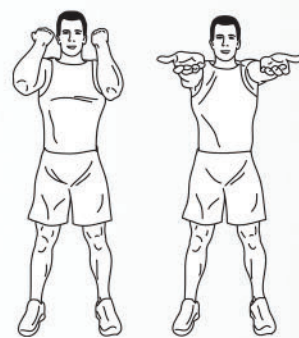
REST up to 2 minutes



6 jumping jacks



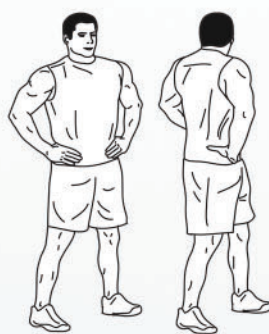
10 side leg raises



10 bicep extensions



10 butt kicks



6 torso twists



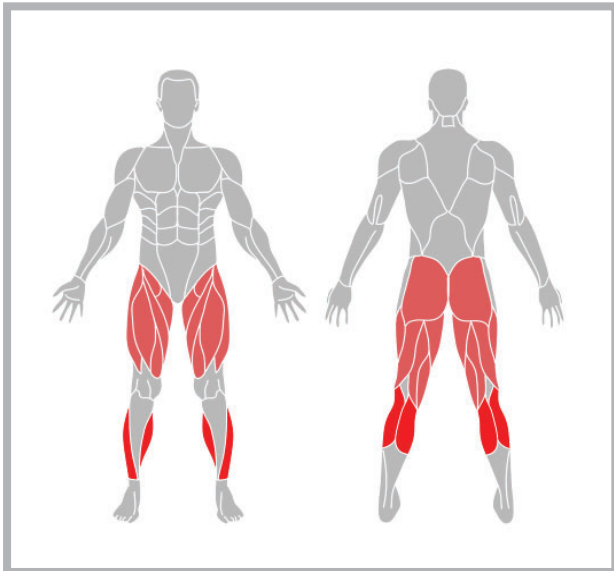
6 calf raises

11

Bitesize Cardio

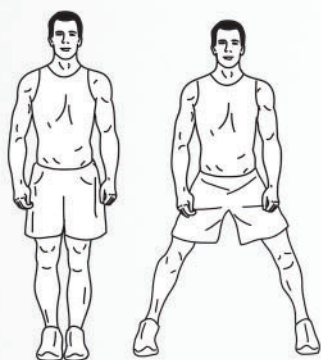
If you're really pushed for time, have low energy levels, feeling fatigued after a busy day or just want to dip your toe into the cardio workout world then the Bitesize cardio workout is perfect for you. It will push all the right buttons, won't exhaust you, drain you or leave you feeling anything more than energized and craving for more.

Focus: High Burn

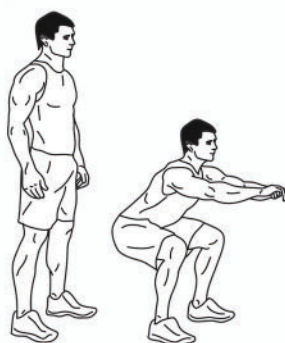


BITESIZE CARDIO

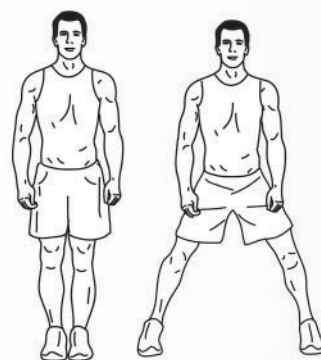
DAREBEE WORKOUT © darebee.com



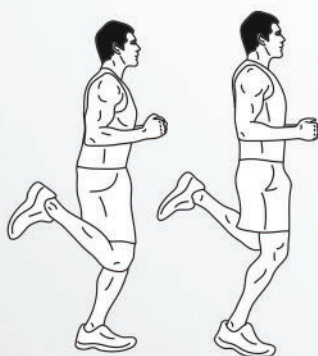
20 half jacks



2 squats



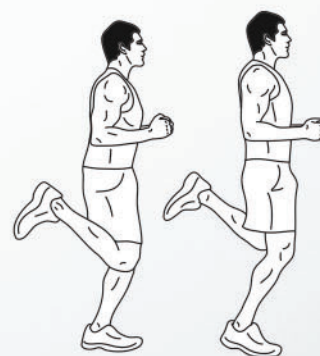
20 half jacks



20 butt kicks



2 squats



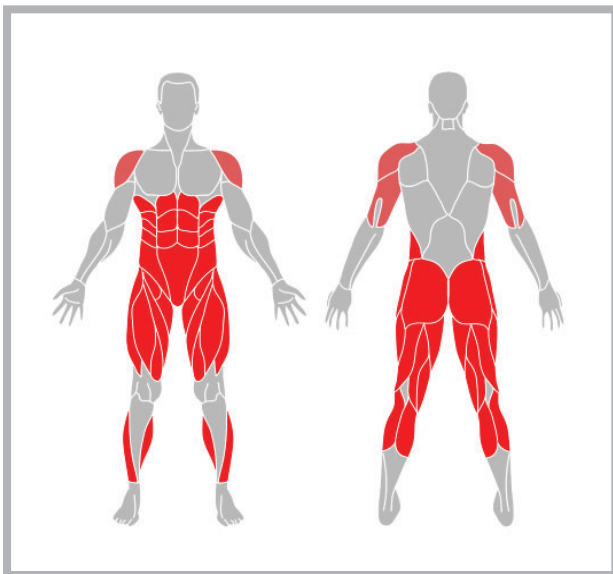
20 butt kicks

12

Blaze

A workout designed to make you sweat can be called nothing other than Blaze. This is a high-burn, total body cardiovascular and aerobic workout that will test your VO2 Max and your body's ability to recover from a metabolic load.

Focus: High Burn



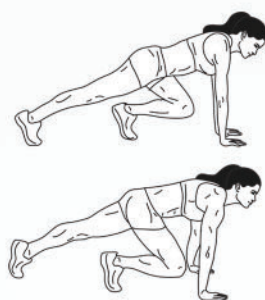
BLAZE

DAREBEE WORKOUT @ darebee.com

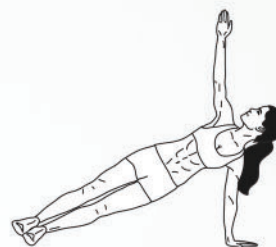
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 high knees



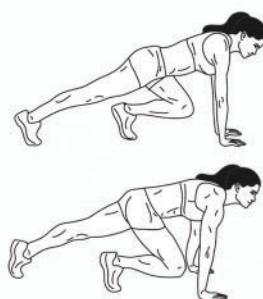
10 climbers



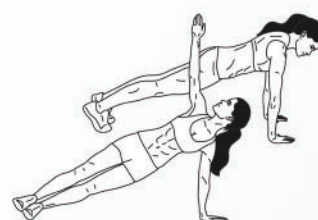
10-count side plank hold



20 high knees



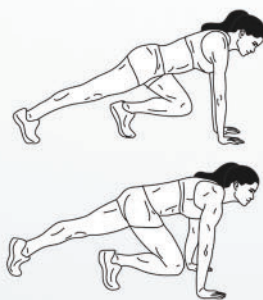
10 climbers



10 side planks



20 high knees



10 climbers



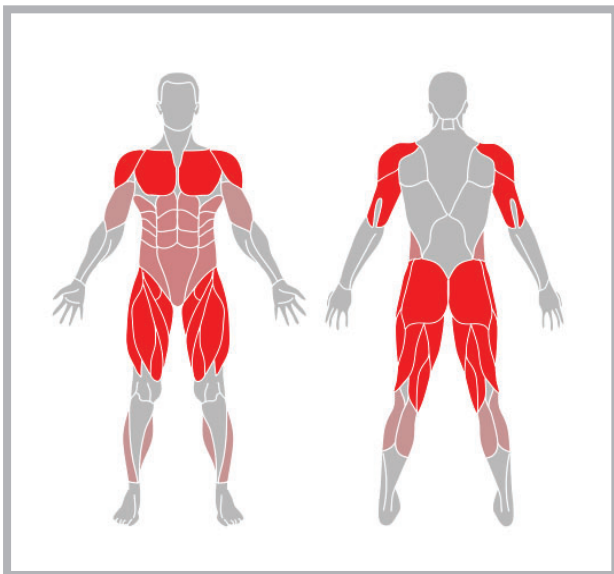
10-count side plank hold

13

Bold Choice

Compound exercises that recruit a lot of muscle groups allow the body to grow stronger, faster. More than that, however, they enable us to gain better control over the body we live in. Better control means greater physical freedom, more enjoyment, better physical and mental health and a sense that we are capable. Masters of our own self and, by association, our destiny. And here you thought that Bold Choice was a workout just aimed to give stronger muscles.

Focus: Strength & Tone



BOLD **CHOICE**

DAREBEE
WORKOUT

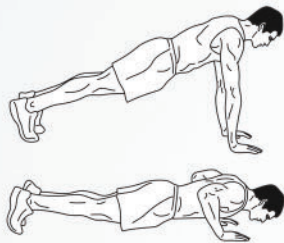
@ darebee.com

Level I 3 sets

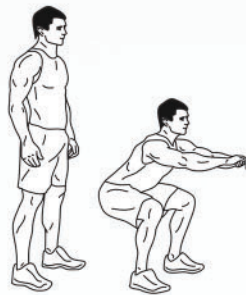
Level II 5 sets

Level III 7 sets

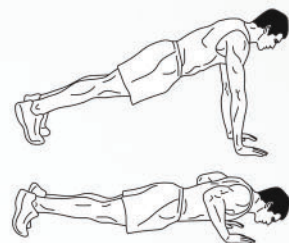
2 minutes rest



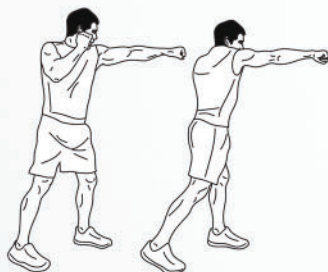
2 push-ups



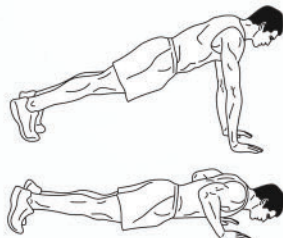
10 squats



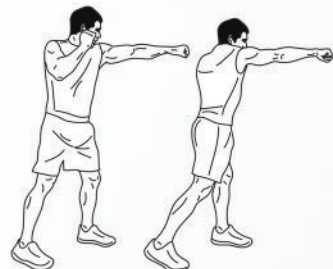
2 push-ups



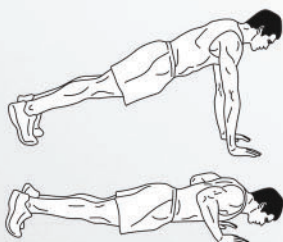
10 punches



2 push-ups



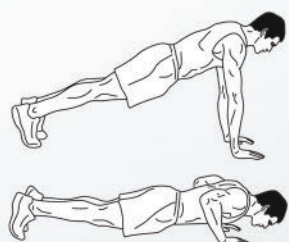
10 punches



2 push-ups



10 squats



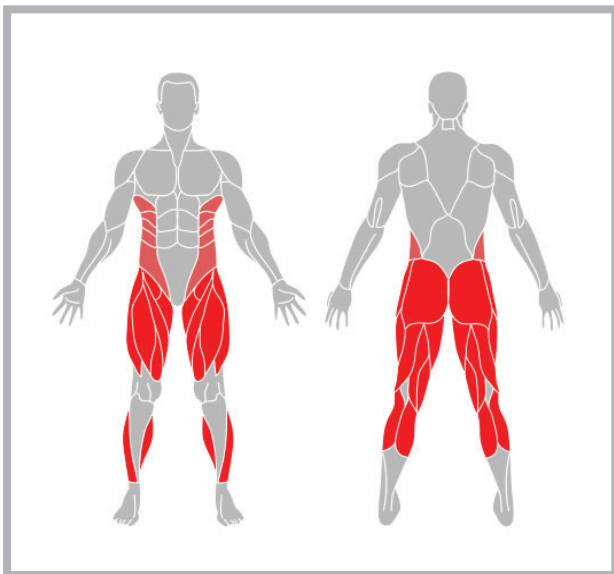
2 push-ups

14

Born To Run

When you're born to run nothing can hold you back. Born To Run is a high burn cardiovascular workout you can do at home. It will help you build your running muscles, improve coordination and develop a more efficient cardiovascular system.

Focus: High Burn



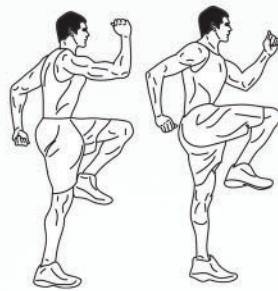
Born to Run

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



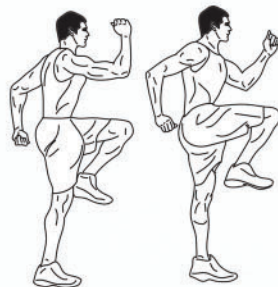
10 march steps



20 high knees



5 calf raises



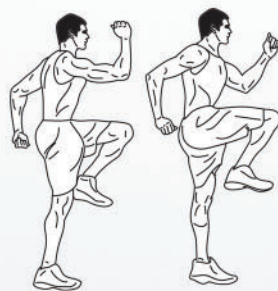
10 march steps



5 calf raises



20 high knees



10 march steps



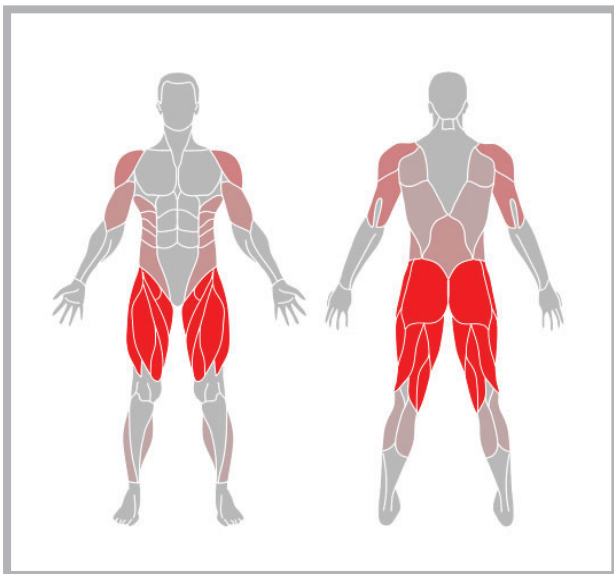
20 high knees

15

Brave Today

I'm Going To Be Brave Today is a combat skills based workout that asks you to perform a series of open kinetic chain exercises. These will, in turn, change the way you move your entire body and feel about it. Science shows that combat moves affect everything, including your IQ. That's not the best reason you should pick up this workout, however. The best reason is because combat skills workouts help you truly control and own your body and your body is where you live. It needs to be yours.

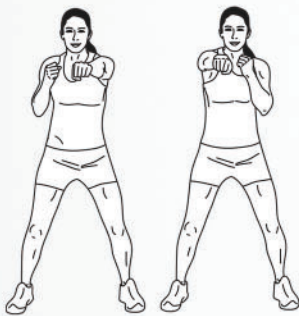
Focus: High Burn



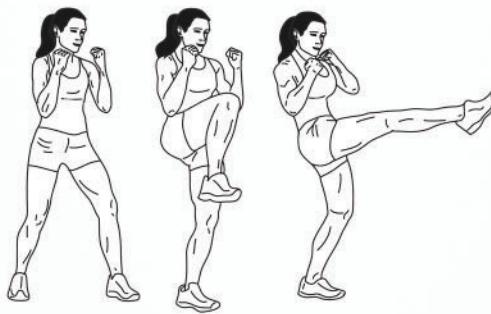
I'M GOING TO BE
BRAVE
TODAY

DAREBEE WORKOUT @ darebee.com

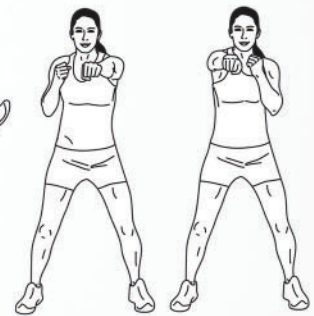
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



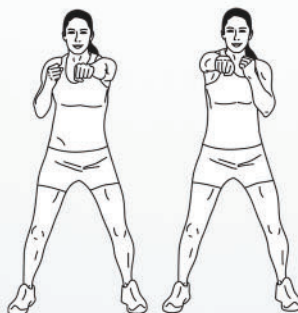
10 front kicks



20 punches



5 squats



20 punches



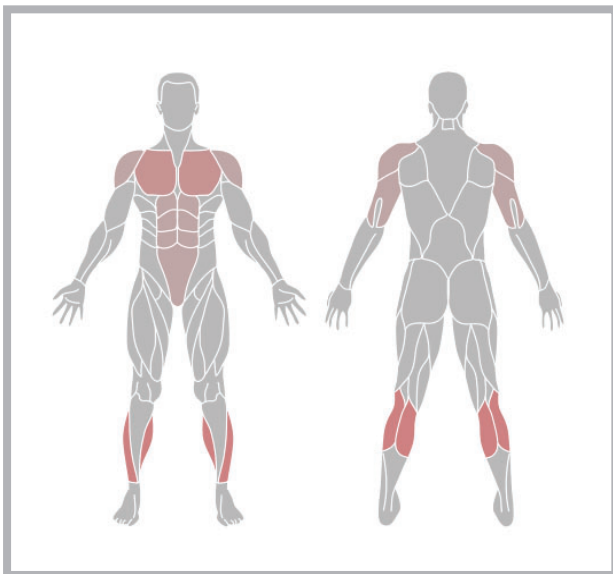
5 squats

16

Breathe Easy

Breathe Easy is a workout designed to help you increase your VO2 Max and improve your aerobic capacity without spending hours running outside or pounding a treadmill. Relax your stomach and diaphragm and fill your lungs to capacity with each breath. Feel them stretching to the very bottom as you inhale. Stop inhaling only when they are filled with air to the max. Then hold each breath as instructed. Exhale slowly, when instructed, aiming to empty your lungs fully each time. This will make you feel better but it will also make you aerobically fitter.

Focus: Well-Being



breathe easy

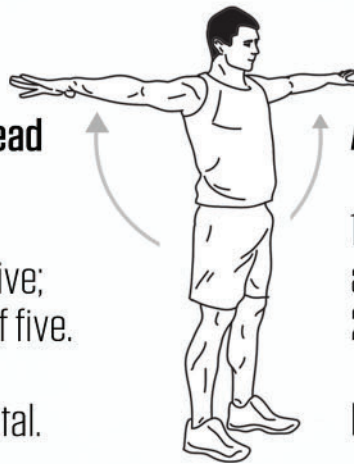
WORKOUT by @ darebee.com



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

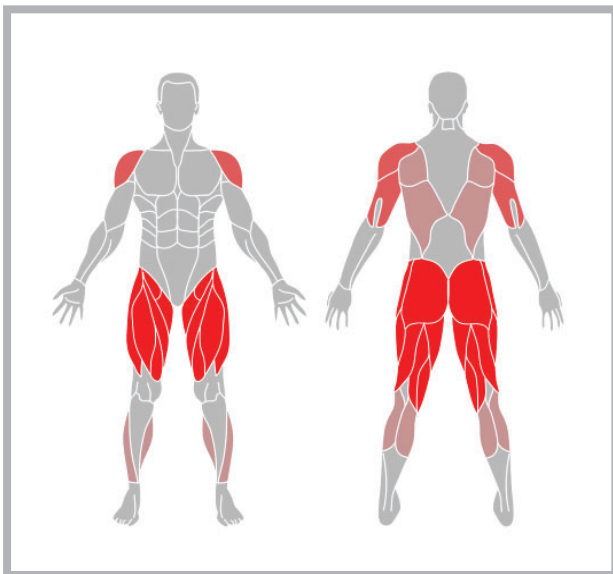
Repeat 5 times in total.

17

Bright & Beautiful

A full body workout that will make you feel alive without draining your batteries? The Bright and Beautiful workout delivers just that. It awakens muscles, rekindles form and reinvigorates ability without making you feel you've got nothing left to give.

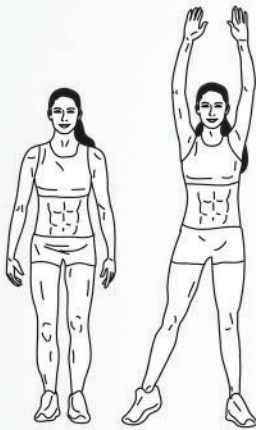
Focus: High Burn



Bright & Beautiful

DAREBEE WORKOUT @ darebee.com

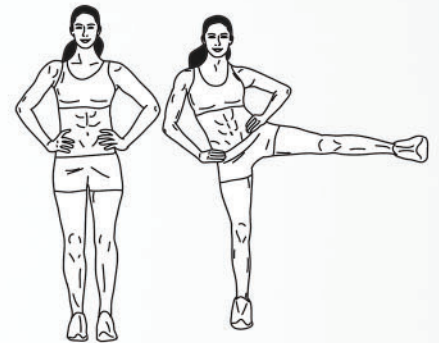
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



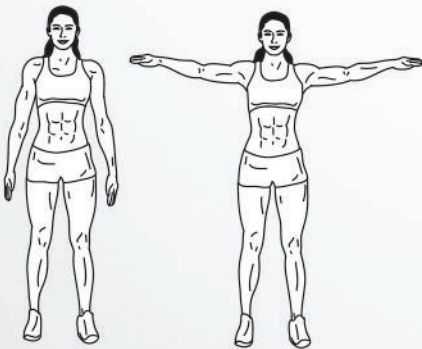
10 step jacks



6 squat step backs



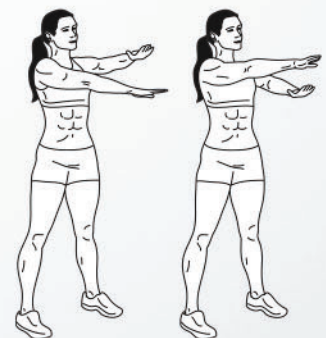
10 side leg raises



20 arm raises



20 raised arm circles



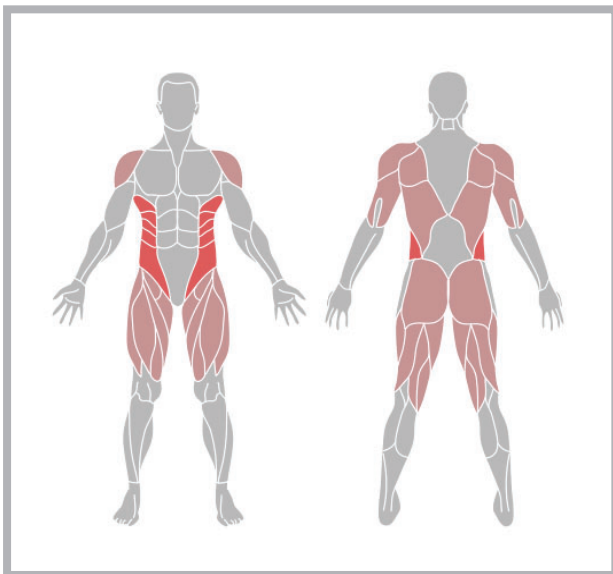
20 arm scissors

18

Centenarian

Some workouts are specifically designed to help you develop a sense of flow. The feeling that your body works along energy pathways that help develop harmony and aid longevity. Centenarian is a total stress-buster workout, especially if you focus on your breathing as your body goes through the workout it also helps with fascial fitness, tendons and ligaments.

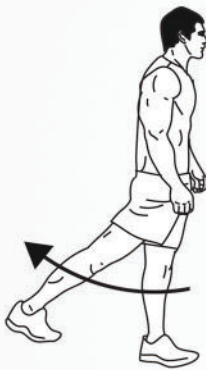
Focus: High Burn



THE CENTENARIAN

DAREBEE WORKOUT @ darebee.com

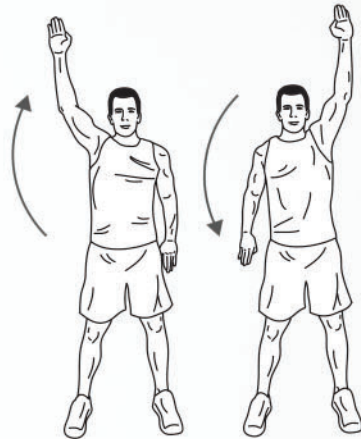
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



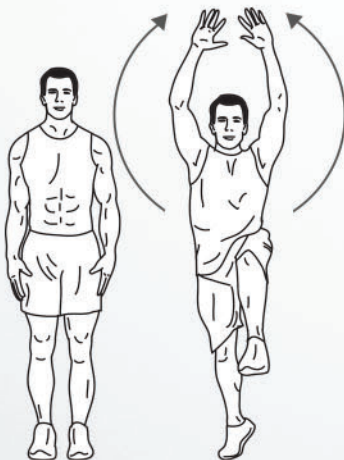
20 straight back leg swings



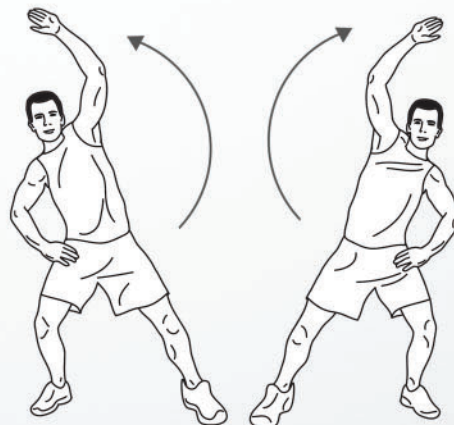
10 hip rotations



20 alternating chest expansions



20 march jacks



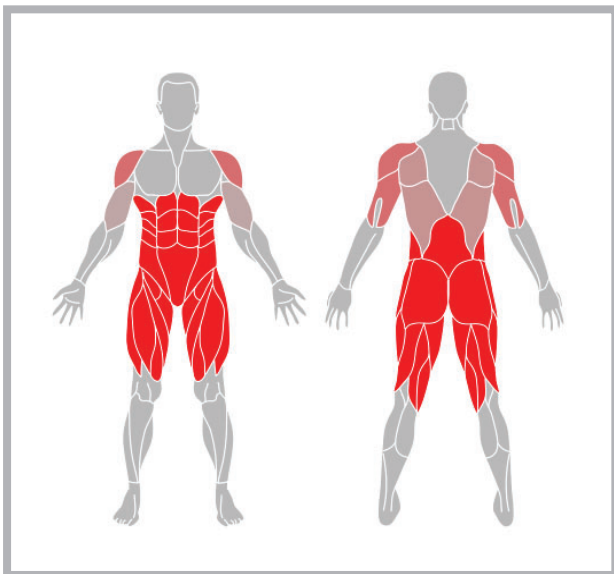
20 side jacks

19

Centered

Perfect balance, great flexibility, coordination and a sense of harmony in how you move can transform you into an unstoppable physical machine. It, however, takes time to develop. Centered is a workout that gets you on your way by targeting all the major muscle groups that need to be targeted.

Focus: Yoga



Centered

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.

Repeat each sequence again on the other side.

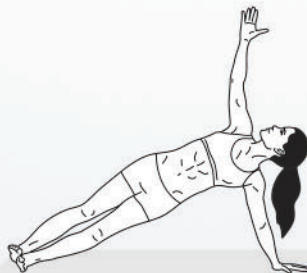
SEQUENCE #1



SEQUENCE #2



SEQUENCE #3

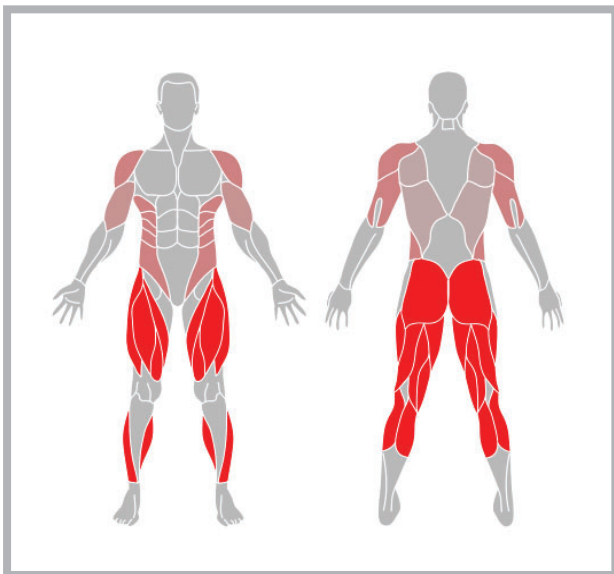


20

Chaos

Combat moves change you inside and out. Chaos is a workout that uses a few basic combat moves and creates a total body workout that will also test your cardiovascular fitness and your aerobic capacity. Pay attention to form when you execute each combat move and make sure you breathe right.

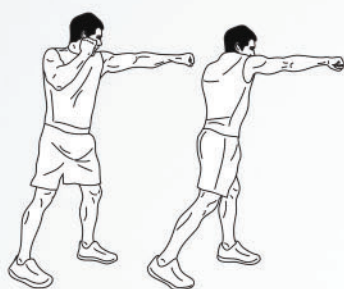
Focus: High Burn, Combat



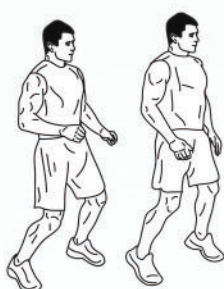
CHAOS

DAREBEE WORKOUT @ darebee.com

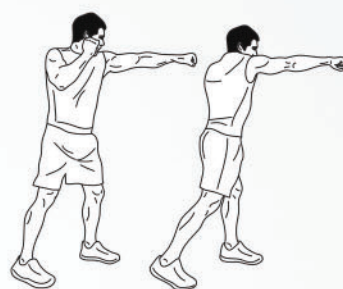
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 punches



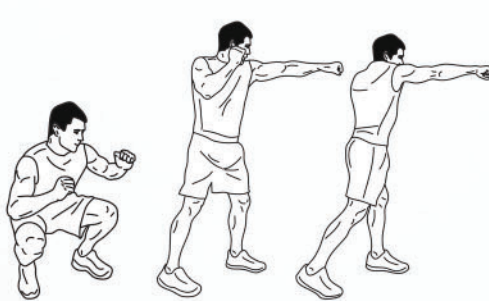
10 bounce on the spot



10 punches



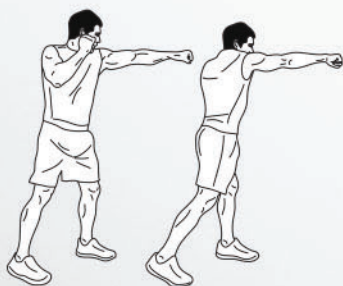
5 bounce + squat



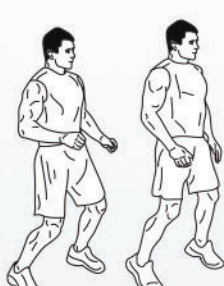
10 squat + jab + cross



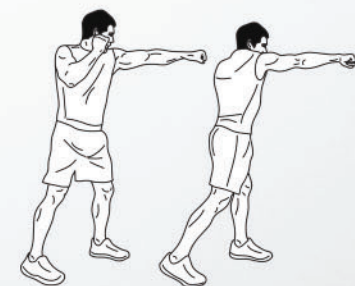
5 bounce + squat



10 punches



10 bounce on the spot



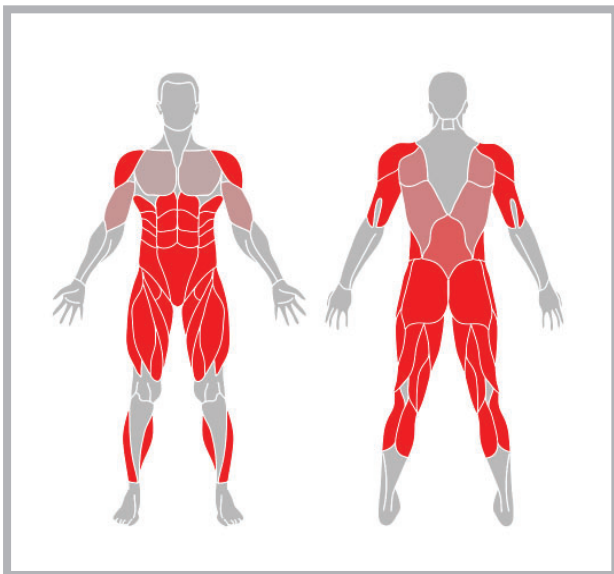
10 punches

21

Chosen One

You have been chosen (don't ask what for). Get ready. To truly be ready you need to, well, be fit. At least fit enough to move your body as you will. The Chosen One workout is the workout you do before you're chosen so you can be ready when the choice is made and it is you.

Focus: Strength & Tone



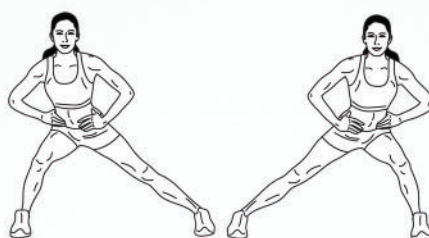
CHOSEN ONE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 reverse lunges



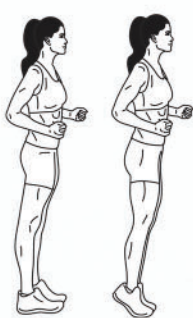
4 side-to-side lunges



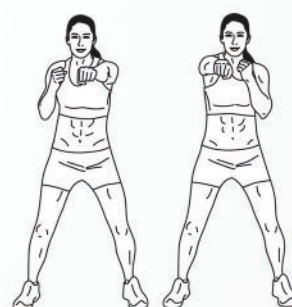
20 side leg raises



8 reverse lunges



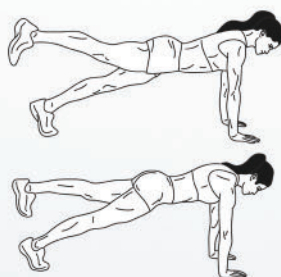
4 calf raises



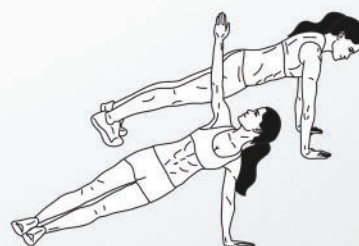
20 punches



8 reverse lunges



4 plank leg raises



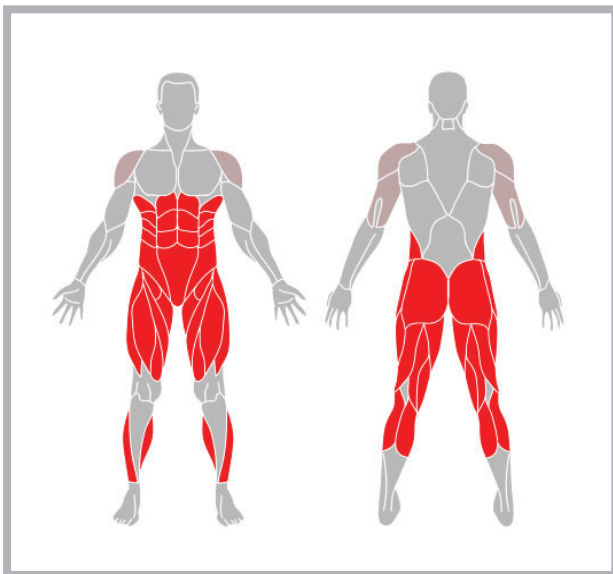
8 plank rotations

22

Courage

Courage is a choice and so is doing the Courage workout. A high-burn, large-muscle activating workout that will push your VO2 Max and challenge your cardiovascular system.

Focus: High Burn



courage

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



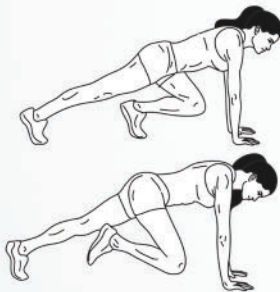
10 march steps



10 high knees



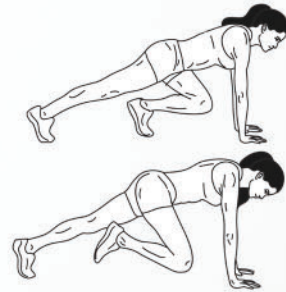
10 march steps



10 climbers



10 high knees



10 climbers



10 butt kicks



10 high knees

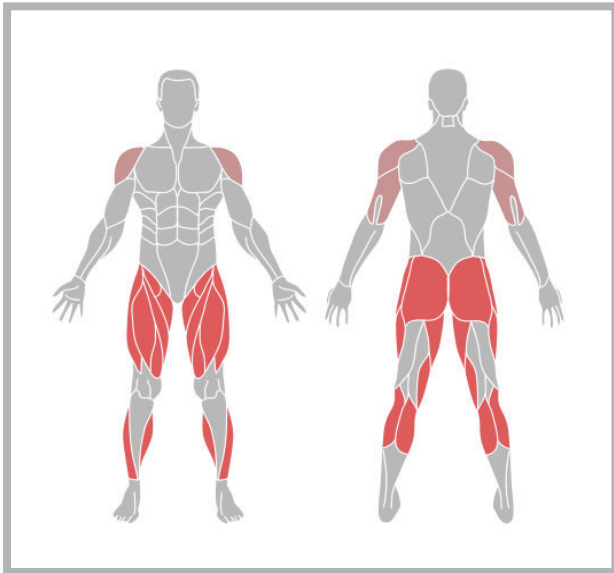


10 butt kicks

Daily Cardio Dose

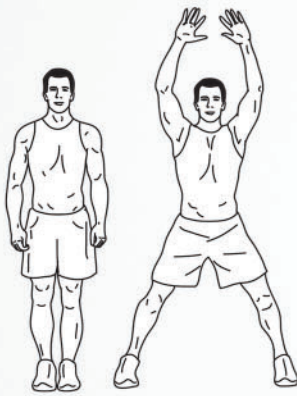
This is what you need from a daily dose of cardio: fast, light movement. A good combination of upper and lower body muscles activated and exercises that work tendons and fascia. The Daily Cardio Dose workout delivers on all of these. It will get your blood pumping through your veins and it will get your lungs working and that is exactly what you need on a daily cardio basis.

Focus: High Burn

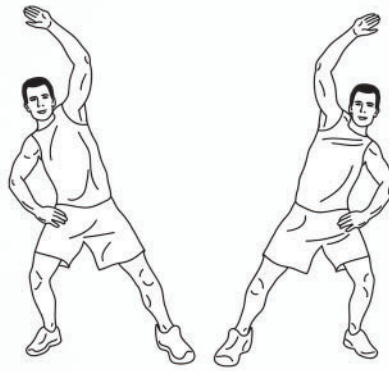


Daily Cardio Dose

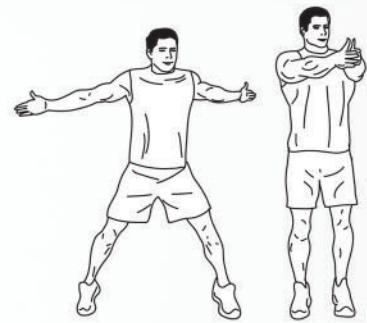
DAREBEE WORKOUT @ darebee.com



50 jumping jacks



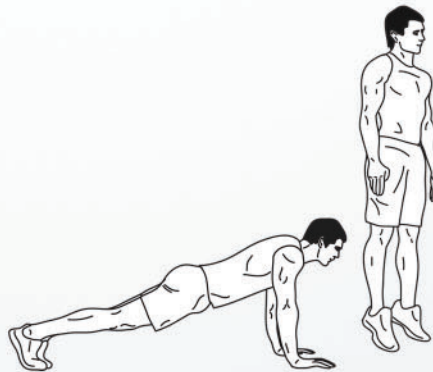
40 side jacks



30 seal jacks



20 butt kicks



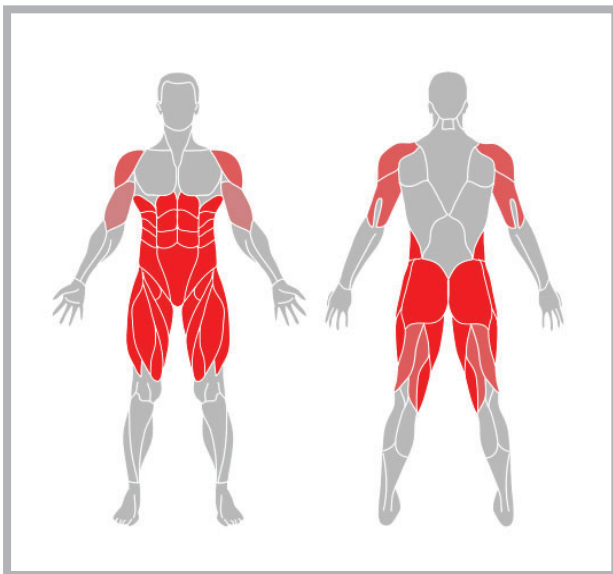
10 basic burpees

24

Day One

Some days feel like a fresh start and fresh starts are all about easing in. That's when you need the Day One workout. It is light, it targets the whole body and it starts building you up again.

Focus: Strength & Tone



DAY ONE

DAREBEE
WORKOUT

© darebee.com

Level I 3 sets

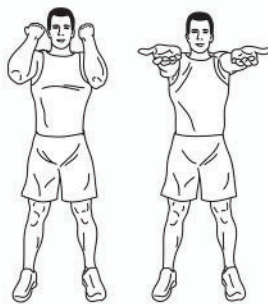
Level II 5 sets

Level III 7 sets

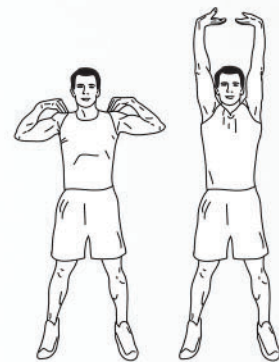
2 minutes rest



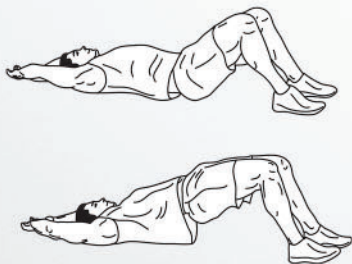
10 forward lunges



20 bicep extensions



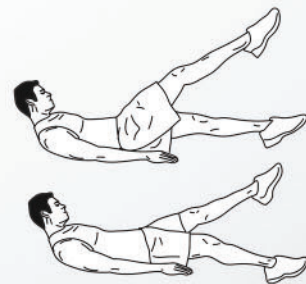
20 shoulder taps



10 bridges



10 heel taps



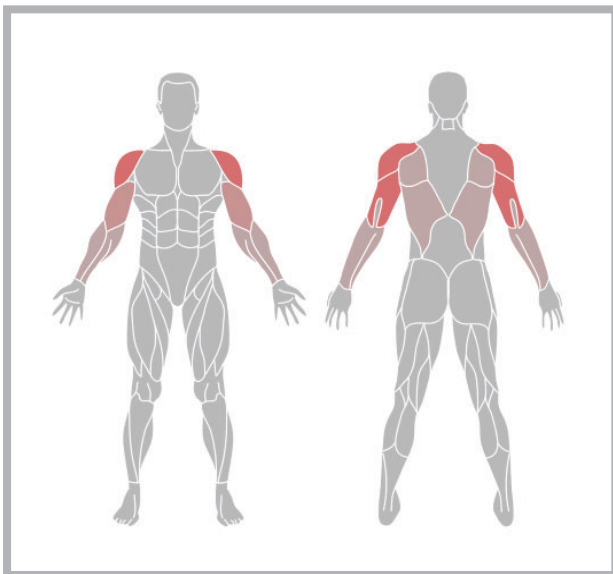
10 flutter kicks

25

Dexterity

Dexterity is a workout that helps your upper limb mobility. Dexterity is a neurobiological process that requires good brain/body health and helps maintain excellent neural connections. It may seem easy but consider that it works out not just the body but also the brain.

Focus: Strength & Tone



DEX TERI TY

DAREBEE
WORKOUT

@ darebee.com

LEVEL I 3 sets

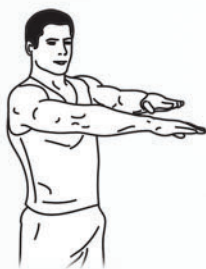
LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



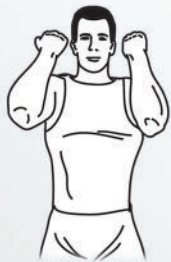
10 arm scissors



10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps



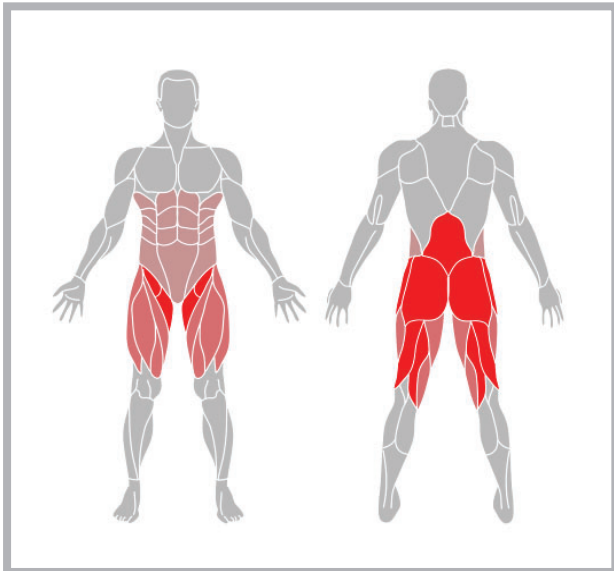
30 clench / unclench

26

Ease Out

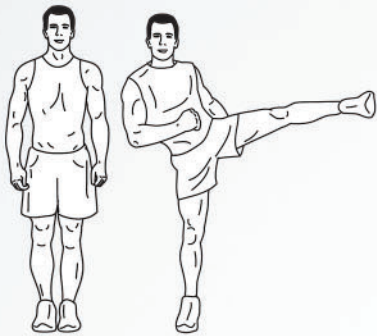
Ease-Out is a deceptive looking workout. It won't get you out of breath and unless it's a hot day you may not even sweat very much. But it does target tendons and those tiny supporting muscle groups that make bigger muscle groups work better which means that the day after you do it you will feel the difference and yeah it may even hurt a bit too.

Focus: Cool Down

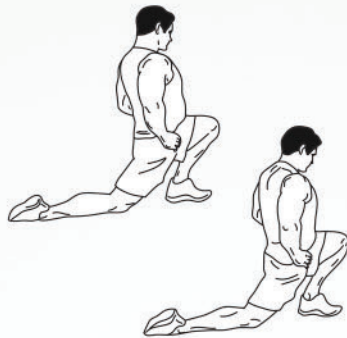


EASE-OUT

DAREBEE WORKOUT @ darebee.com



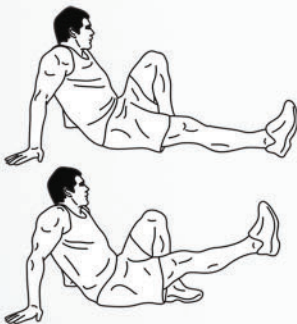
60sec side leg raises



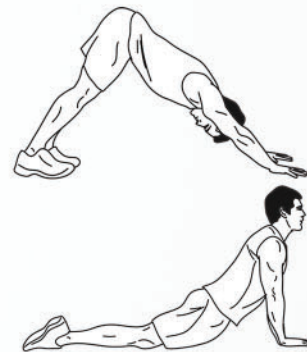
30sec lunge stretches



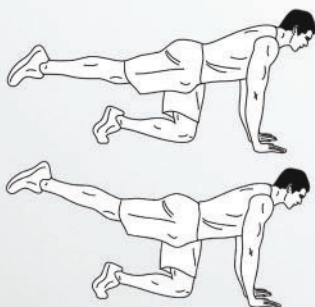
10sec side-to-side lunges



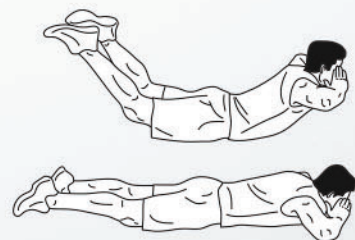
60sec leg raises + **30sec** hold
change sides and repeat



10sec downward upward dog



60sec raised leg swings + **30sec** hold
change sides and repeat



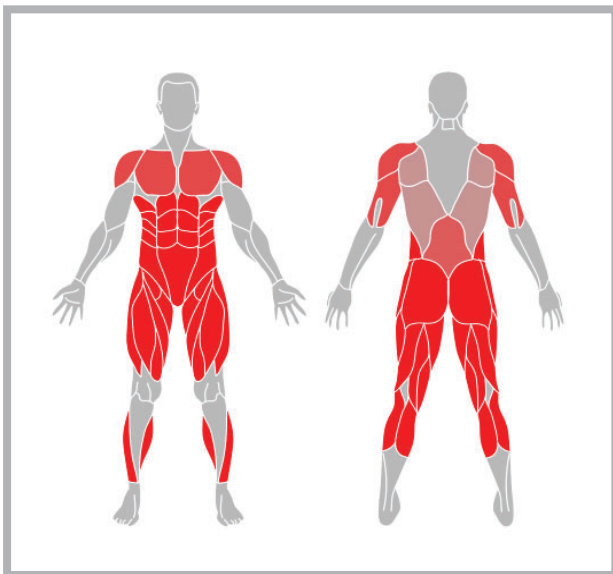
10sec back extensions

27

Emergency

You know the feeling when you've been rushing around all day with zero time to yourself? Zero time to help your body stay strong and healthy and your mind stay clear? This is where the Emergency workout comes in. Quick and straight to the point. It will help you address the self-care imbalance in less time you'd need to detail just how hectic your day was.

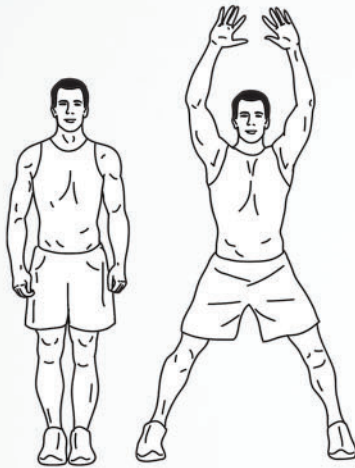
Focus: High Burn



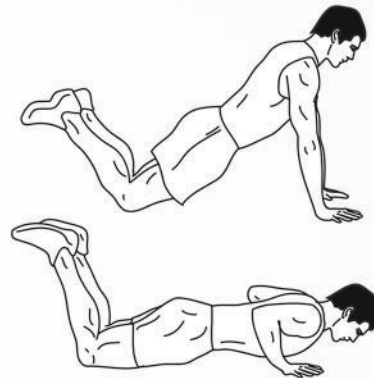
EMERGENCY

DAREBEE WORKOUT @ darebee.com

Repeat 3 times in total
2 minutes rest between sets



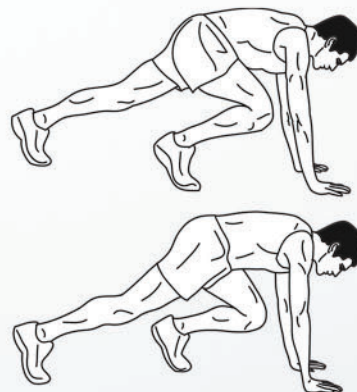
20 jumping jacks



10 knee push-ups



20 high knees

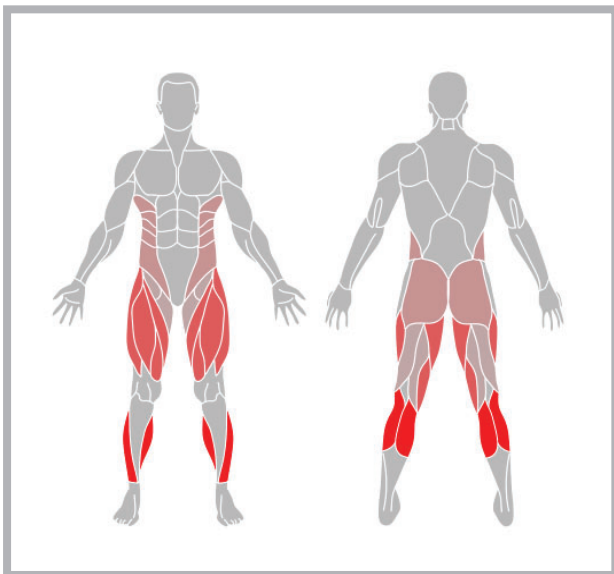


10 climbers

Epic Calves

Lower body strength allows you to fight gravity and use your body like its mass doesn't count. Lower body strength is multi-faceted, requiring tendons and muscles, coordination and endurance. Epic Calves delivers what it promises. This is not a hugely difficult workout but it helps you build exactly what you need to gain better control of your own body.

Focus: High Burn



EPIC CALVES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



10 high knees

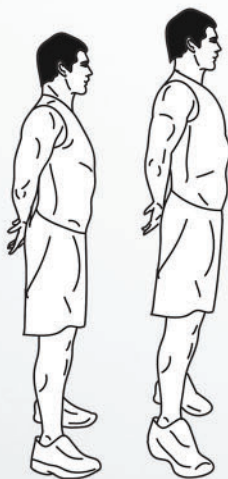
6 calf raises

10 high knees

6 calf raises

10 high knees

6 calf raises



10 high knees

6 calf raises

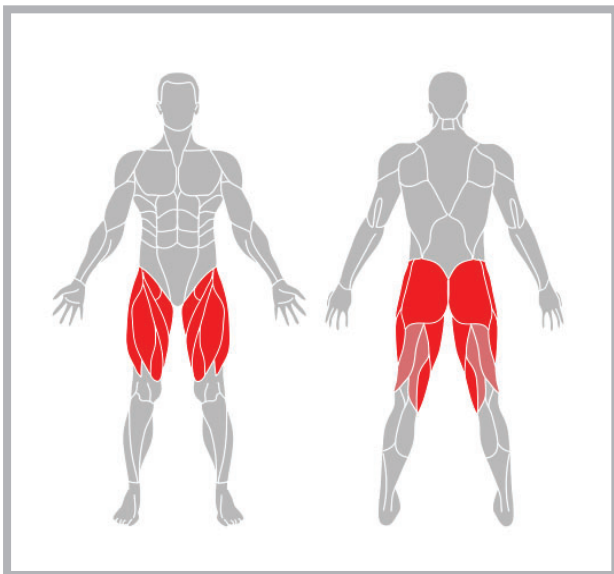
10 high knees

6 calf raises

Epic Glutes

Strong glutes are engines of power. They help you jump, kick and run faster; slow down fatigue and generate more power per volume of muscle than virtually any other part of the body. The Epic Glutes workout helps you develop them, gradually, easily and, most important of all, without taking away your ability to walk the day after.

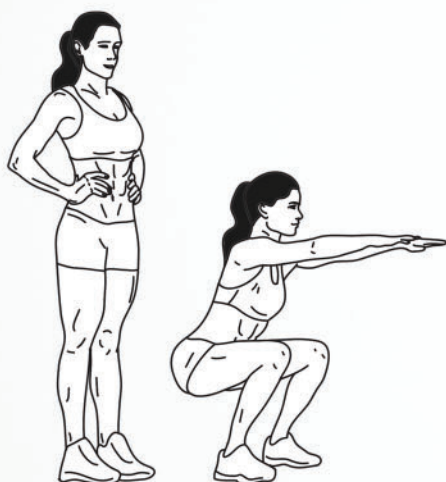
Focus: Strength & Tone



EPIC GLUTES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

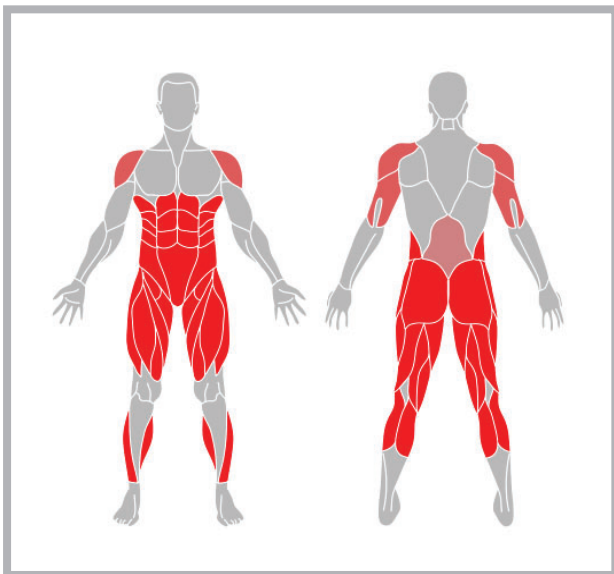


30

Everyday Hero

Every day is a battle. Your future self is born out of the struggle with the present. Gains are made out of effort. None of it is easy, which is why the Everyday Hero workout places you at the core of this struggle and gives you everything you need to win. Three levels to choose from. A high-burn, streamline program that works your cardiovascular system and can challenge your VO2 Max capacity. You just know, you have to do it.

Focus: High Burn



EVERYDAY HERO

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

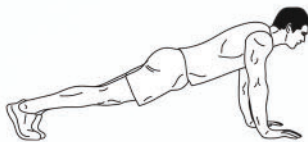
Level II 5 sets

Level III 7 sets

2 minutes rest



20 high knees



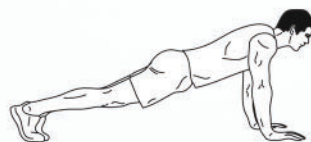
10-count plank hold



20 high knees



5 calf raises



10-count plank hold



5 calf raises



10 reverse lunges



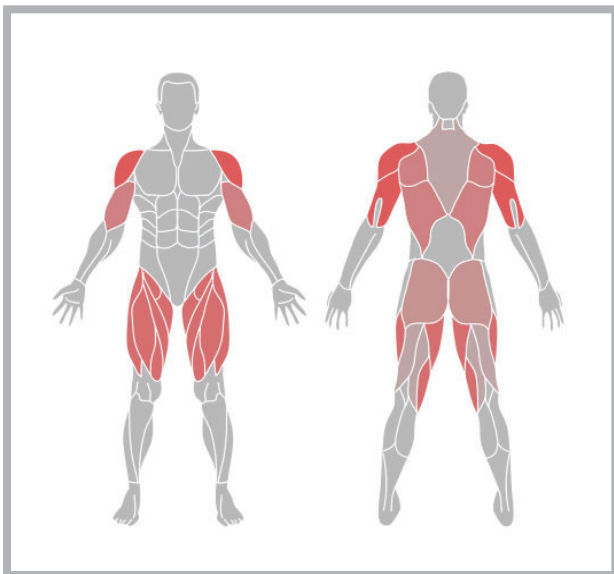
10-count plank hold



10 reverse lunges

If you were to explore new ground, find uncharted lands and enjoy fresh, new adventures you'd need to be fully coordinated, in charge of your body and your destiny with your lower and upper body in perfect sync. you were to explore new ground, find uncharted lands and enjoy fresh, new adventures you'd need to be fully coordinated, in charge of your body and your destiny with your lower and upper body in perfect sync. The Explorer workout is a step into this direction.

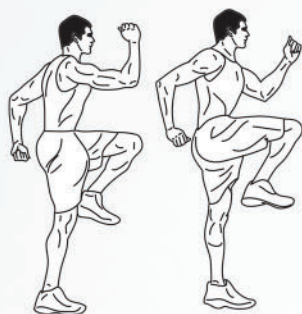
Focus: High Burn



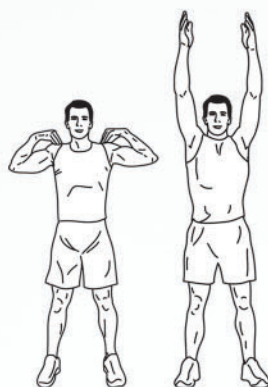
EXPLORER

DAREBEE WORKOUT @ darebee.com

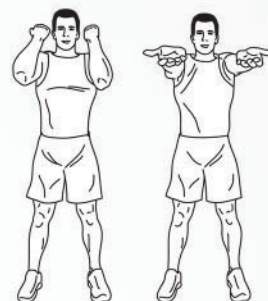
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



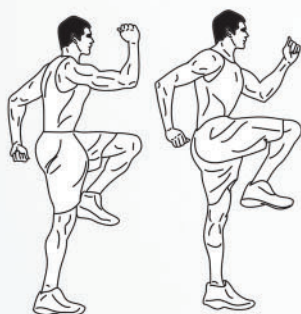
20 march steps



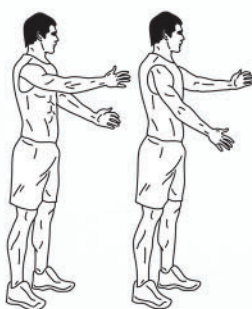
10 shoulder taps



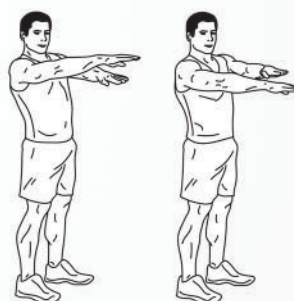
10 bicep extensions



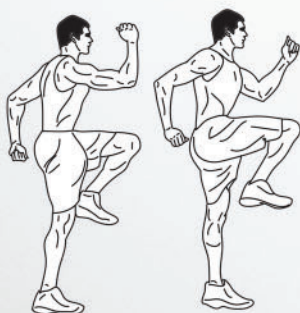
20 march steps



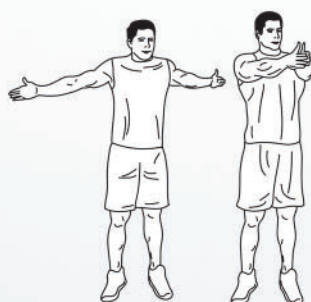
10 scissor chops



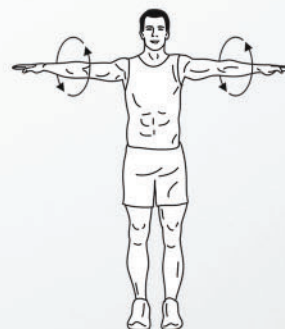
10 arm scissors



20 march steps



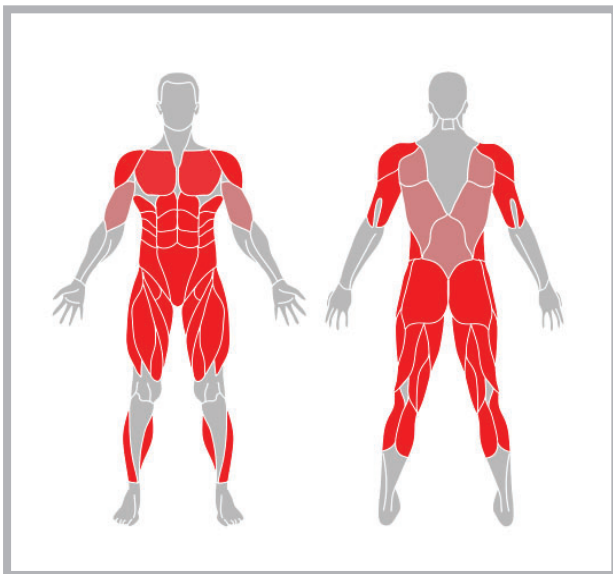
10 chest expansions



10 raised arm circles

There's only one way to feel when you're doing a full body workout that aims to help you increase strength, develop power and improve muscle tone and that is fierce. The Fierce workout then lives up to its promise, not just by making you feel that way but by also being relentlessly fierce itself.

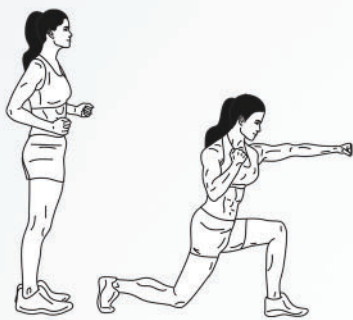
Focus: Strength & Tone



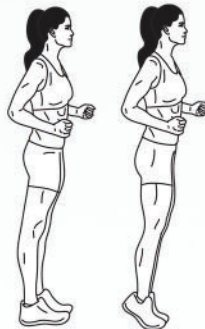
FIERCE

DAREBEE WORKOUT @ darebee.com

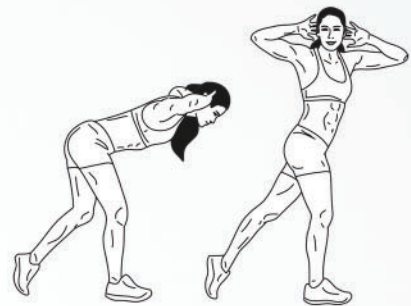
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



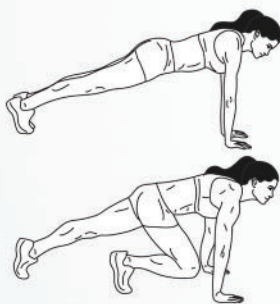
10 lunge punches



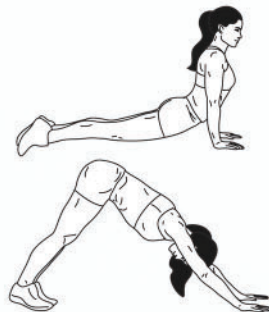
10 calf raises



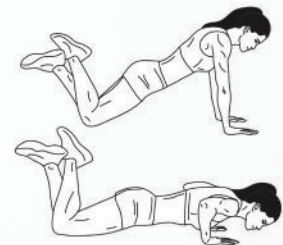
10 deadlift & twist



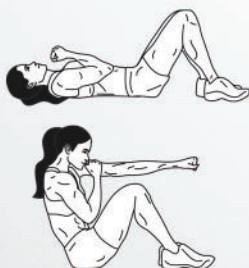
6 slow climbers



6 downward upward dog



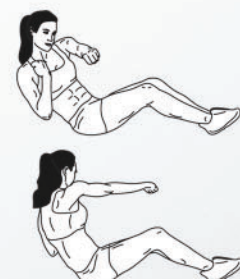
6 knee push-ups



6 sit-up punches



6 sitting twists



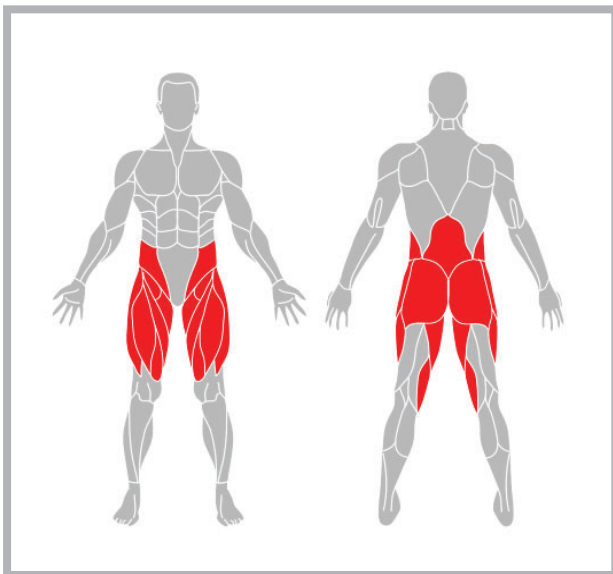
6 sitting punches

33

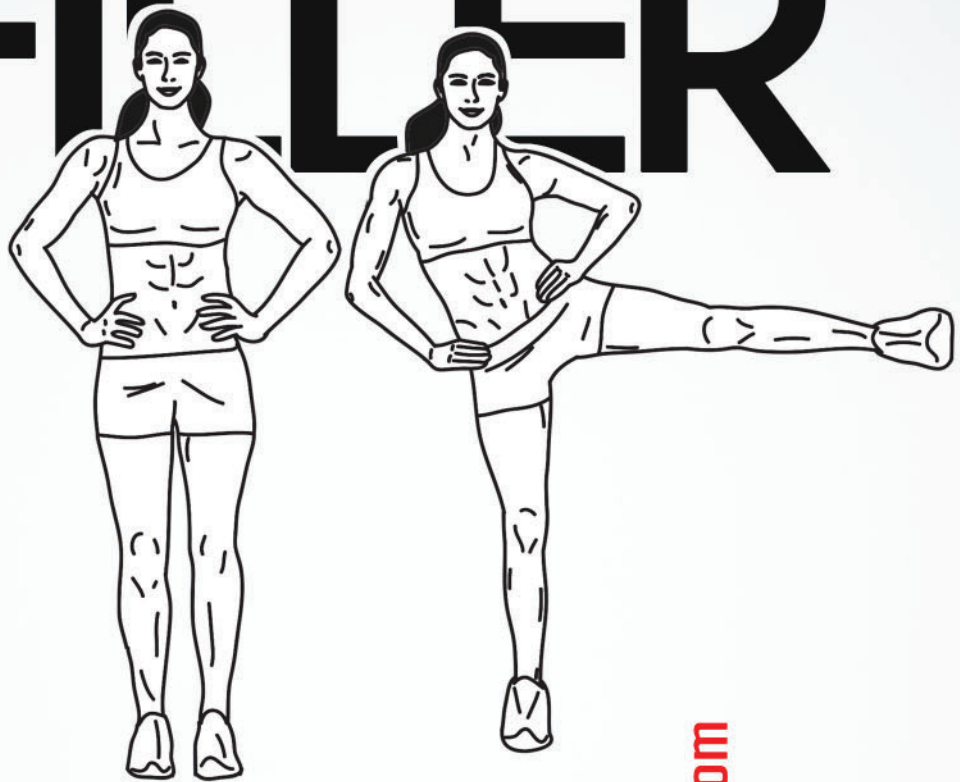
Filler

When five minutes is all you have in your day you can still have a workout that improves your balance, coordination, core strength, lateral abs, hip tendons, glutes, quads and hamstrings. The 5-Minute Filler workout does all of this in five minutes. Hold onto the back of a chair or a table, for balance. Keep your back as straight as possible throughout the workout.

Focus: Strength & Tone



5-MINUTE FILLER



30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

done

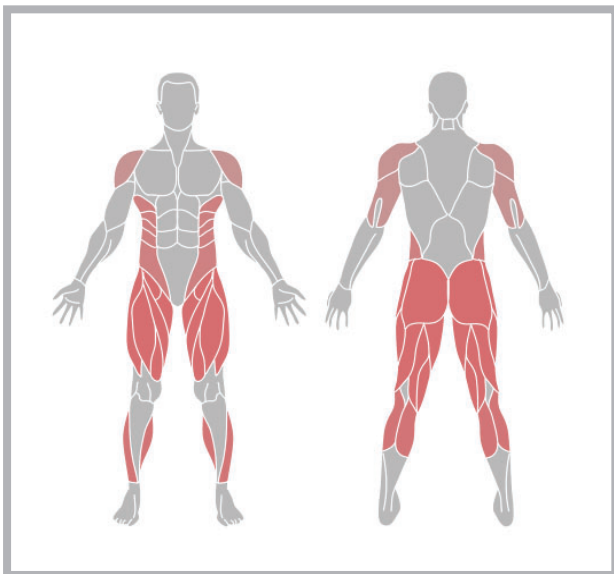
DAREBEE WORKOUT © darebee.com

34

Good Day

Good Day is a moderate impact workout that strengthens bones, muscles, tendons and ligaments, promotes fascial fitness and helps you develop better cardiovascular health and aerobic endurance.

Focus: High Burn



Good Day

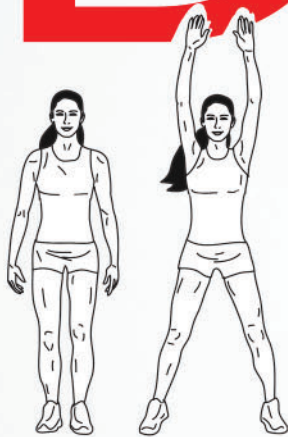
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



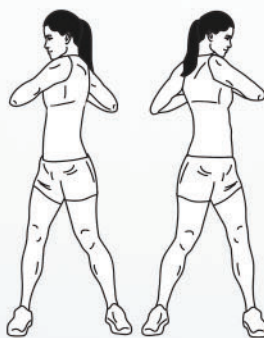
one hop heel click



10 half jacks



one hop heel click



10 twists



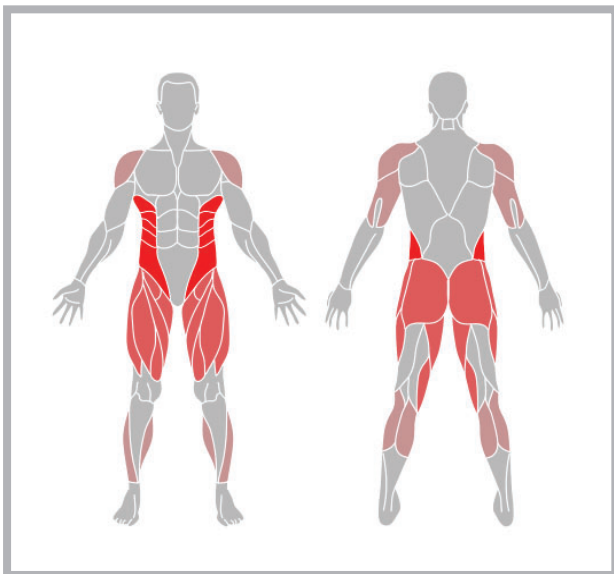
one hop heel click

35

Good Morning

To start the day you really need a workout that will get your heart pumping, raise your body temperature and make you feel good throughout the day. The Good Morning workout will deliver on all these fronts.

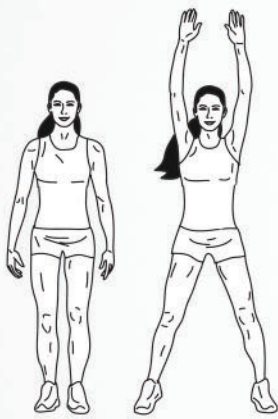
Focus: High Burn



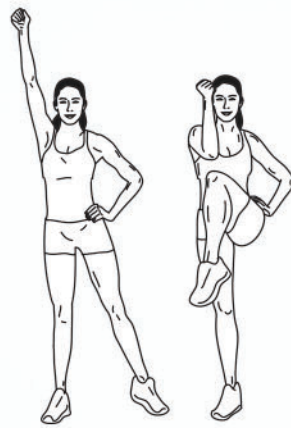
Good Morning!

DAREBEE WORKOUT @ darebee.com

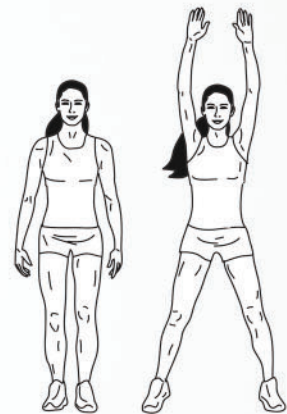
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



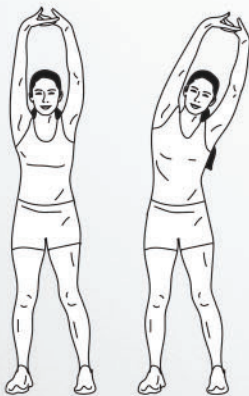
10 jumping jacks



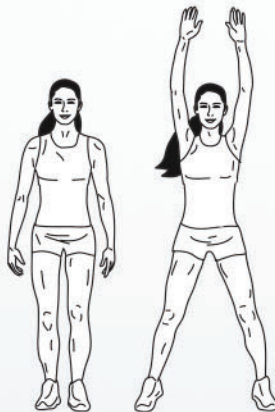
4 knee-to-elbows



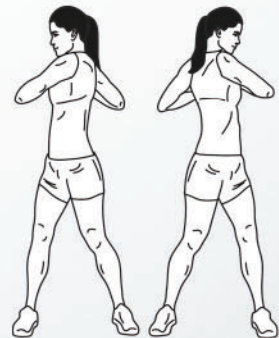
10 jumping jacks



4 side bends



10 jumping jacks



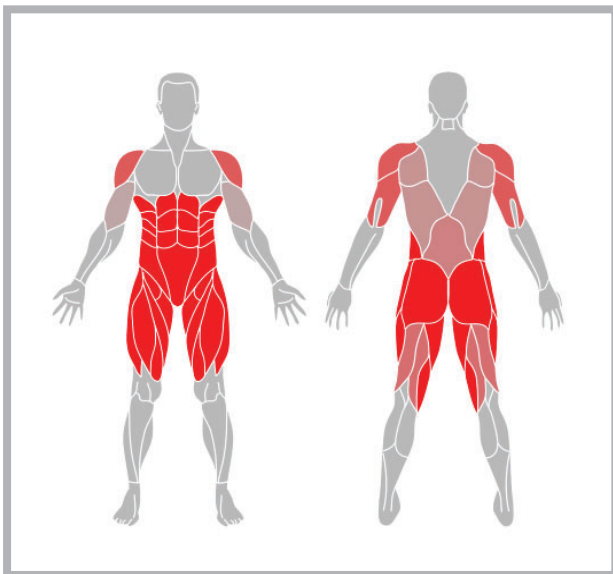
4 twists

36

Great Hold

One minute has most probably never seemed as long as it does when you do The Great Hold workout. This is exactly why you get just five minutes in total. Yet this is still a difficulty Level III workout that will transform the way your body feels and stands and moves.

Focus: Strength & Tone

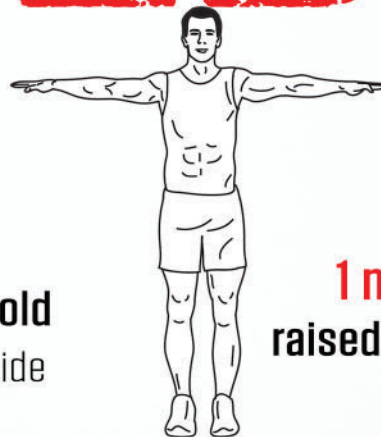


THE GREAT HOLD

by DAREBEE © darebee.com



1 minute
side leg raise hold
30 seconds per side



1 minute
raised arms hold



1 minute
squat hold



1 minute
hollow hold



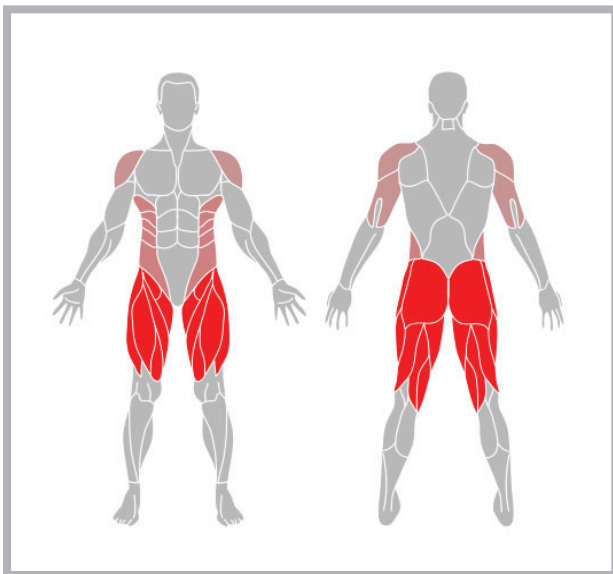
1 minute
bridge hold

37

Here And Now

Here and Now is a lower body workout that employs a combination of dynamic and static moves to help your lower body muscles get stronger and more durable. You end up moving large muscle groups so your cardiovascular and aerobic systems will automatically kick in. Time your breathing with your exertions to get the maximum benefits from this workout.

Focus: High Burn



HERE & NOW

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 march steps



6 reverse lunges



20 march steps



20-count stretch hold
right side



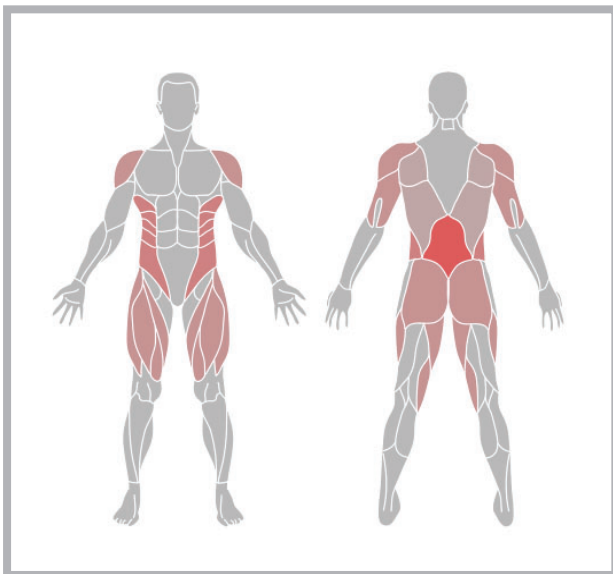
20 march steps



20-count stretch hold
left side

Yoga exercises can help quieten down the unruly monologue of your mind and help your body relax. Physical relaxation and de-stressing creates corresponding neurochemical states in your mind. All of this can make for a great end-of-day physical routine that will help you enjoy a better night's sleep. Insomnia Yoga is a workout that addresses the inner-world/outer-world balance dynamic and helps you better center yourself.

Focus: Yoga



INSOMNIA YOGA

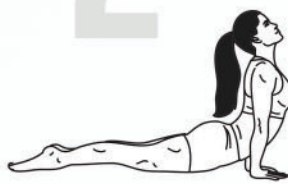
DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



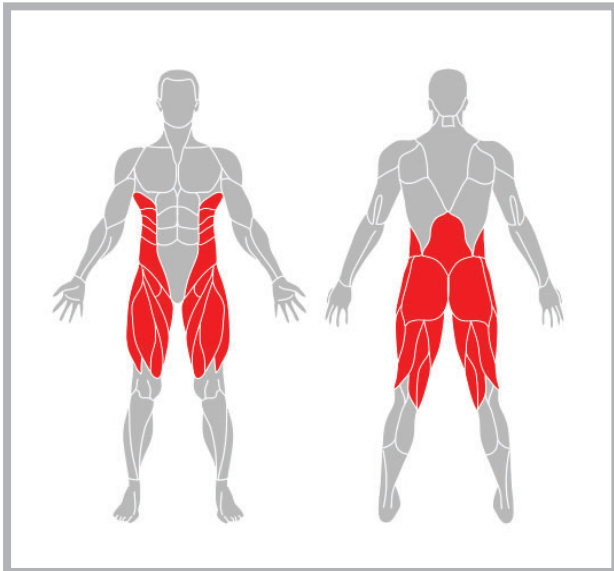
9



Iron Tendons Lowerbody

Tendons are the cables that anchor the muscles to the bones and unleash their power. The Iron Tendons workout will help your tendons get stronger and your movements become more fluid. Plus it will just, generally, make you feel better.

Focus: Cool Down



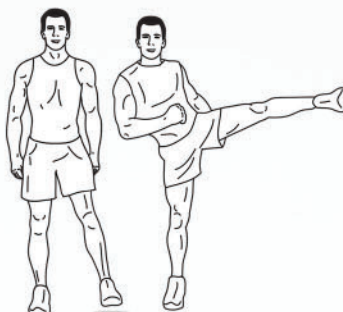
IRON TENDONS

LOWERBODY

WORKOUT by DAREBEE @ darebee.com



10-count hold



30 side leg raises

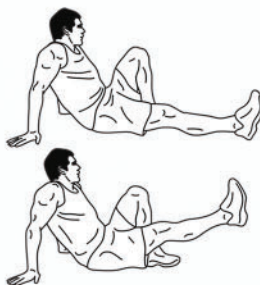


10-count hold

change legs and repeat the sequence



10-count hold



30 leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 side leg raises



10-count hold

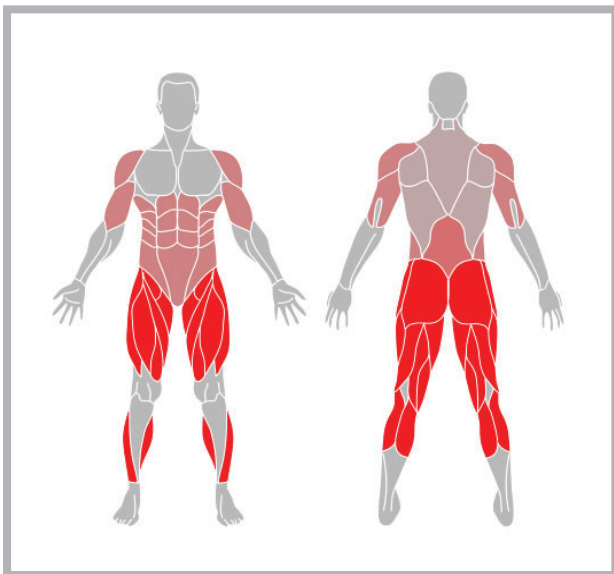
change legs and repeat the sequence

40

Journey

Darebee's motto is that "Fitness is a journey, not a destination." Journey Before Destination then is a workout that exemplifies that premise. Deploying a mix of exercises it activates all of the body's kinetic chains turning this into a full-blown, total body workout that will get you breathing faster and feeling hotter.

Focus: Strength & Tone

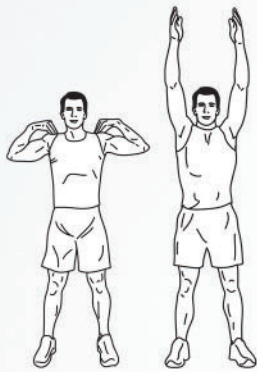


JOURNEY

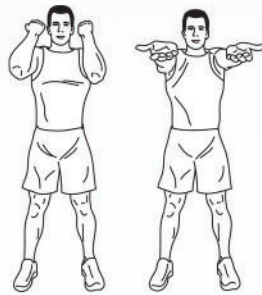
BEFORE DESTINATION

DAREBEE WORKOUT @ darebee.com

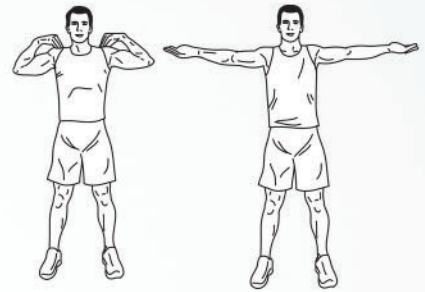
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



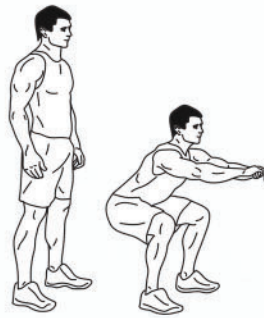
20 bicep extensions



20 side shoulder taps



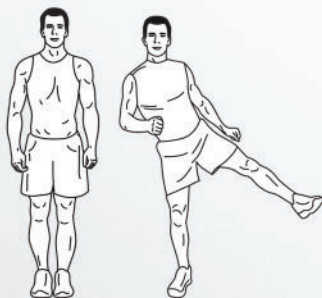
10 calf raises



5 squats



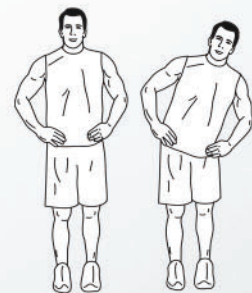
10 reverse lunges



10 side leg raises



10 knee-to-elbows



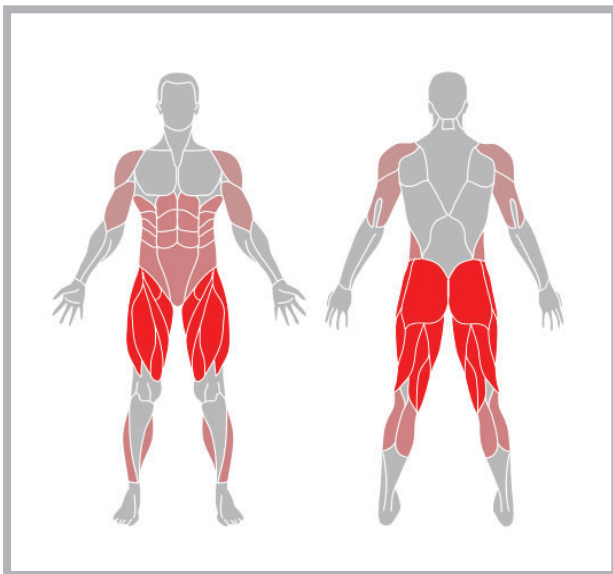
10 side bends

41

Keeper

Some workouts have that staying quality where you just want to do them to the max and then get back to them from time to time. Keeper is just such a workout. Low in intensity. Exacting in the number of muscle groups it recruits. It builds you up without having to tear you down.

Focus: Strength & Tone



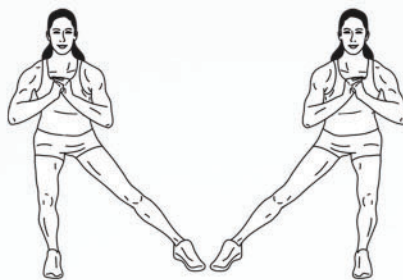
KEEPER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



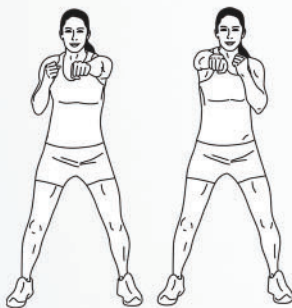
4 lunge step-ups



4 side-to-side lunges



4 lunge step-ups



20 punches



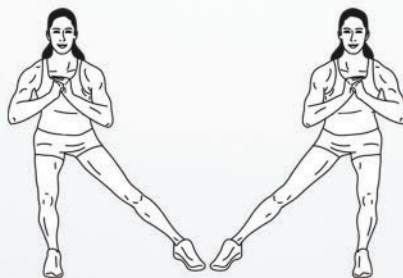
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges



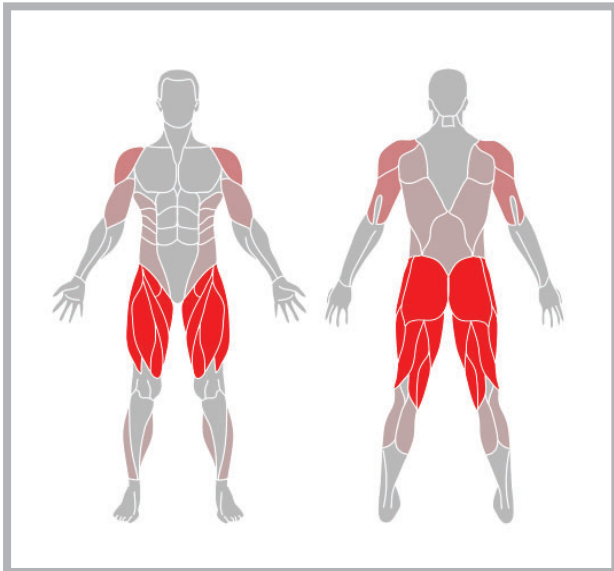
4 lunge step-ups

42

Knight

Knight steps is an exercise that demands you start from a kneeling position stand up and then use the last leg you bring up to kneel back down again which means that, just like a knight, you will now use the other leg to stand up. Knight is a workout that works your whole body but gives emphasis on your quads, glutes, lower back and core. Aim to keep your trunk upright during knight steps and keep your breathing deep and even.

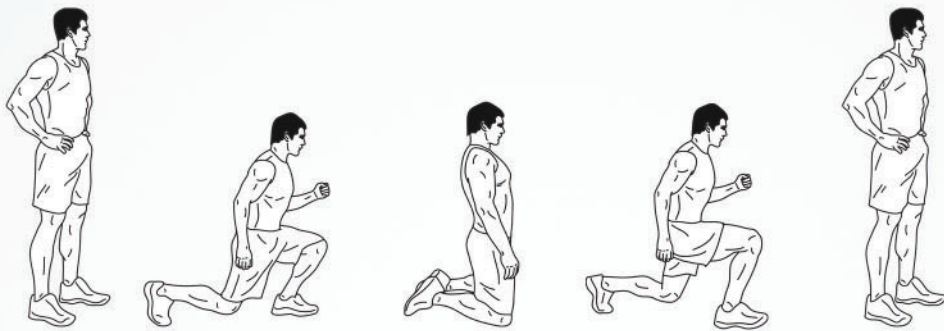
Focus: Strength & Tone



KNIGHT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 knight steps



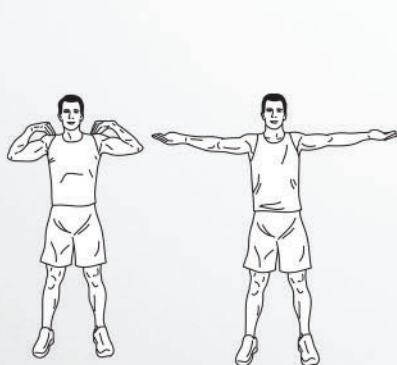
10 side-to-side lunges



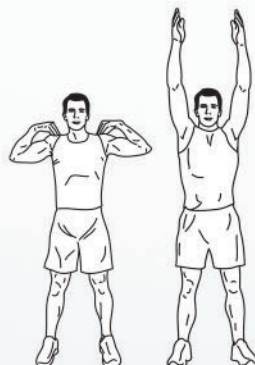
10-count squat hold



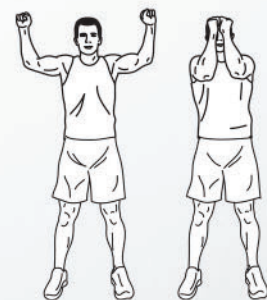
10-count folded squat hold



10 side shoulder taps



10 shoulder taps



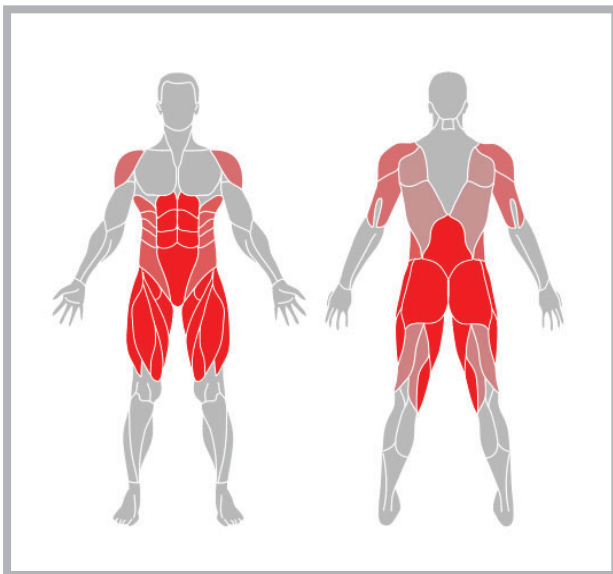
10 elbow clicks

43

Lazy Bear

Just because there are days when you don't feel like leaping around or pushing against the limits of what you can do, doesn't mean that you should forego exercise. The Lazy Bear workout was created for just those days. It gives you the chance to not spend too much energy. It workouts virtually the entire body. It addresses tendon and core flexibility issues, which means it aids in agility and overall joint mobility.

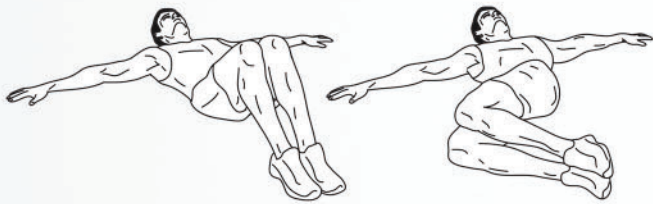
Focus: Cool Down



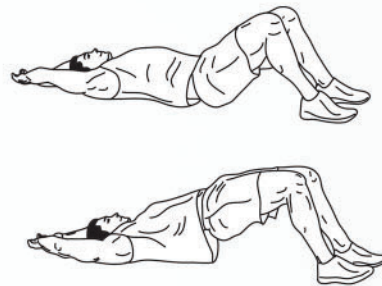
LAZY BEAR

DAREBEE WORKOUT @ darebee.com

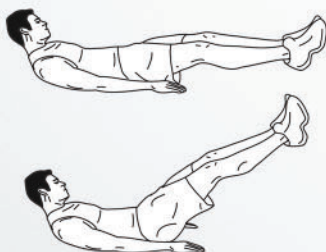
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



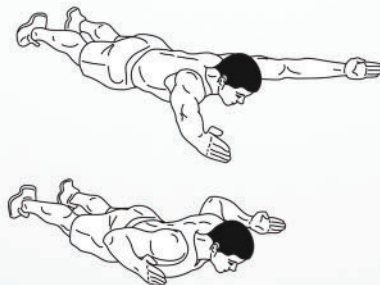
10 knee rolls



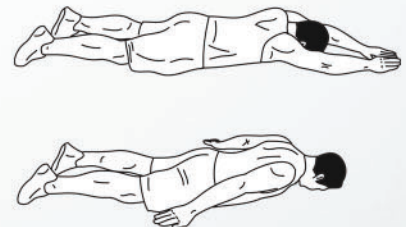
10 bridges



10 leg raises



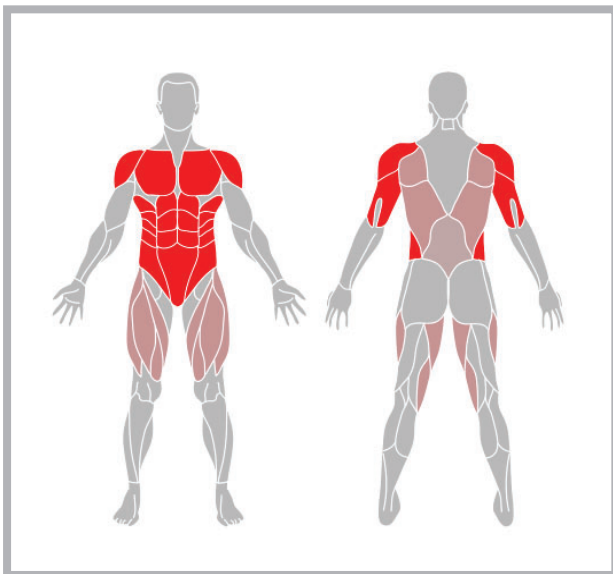
10 W-extensions



10 reverse angels

A 'simple' closed-kinetic-chain exercise, like a push-up has the potential to exponentially increase mechanical and metabolic load on the muscles and deliver the kind of workout that will leave you gasping for respite. The Less Is More workout is the answer to your quest for just this sort of thing.

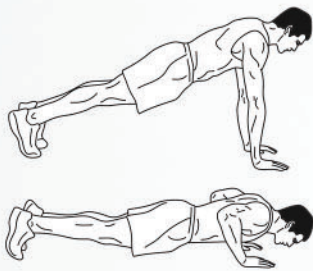
Focus: Strength & Tone



LESS IS MORE

DAREBEE WORKOUT @ darebee.com

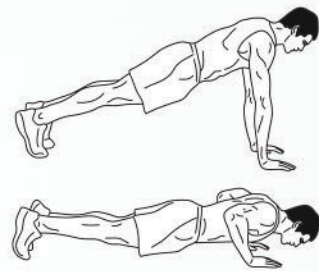
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
up to 2 minutes rest between sets



5 push-ups



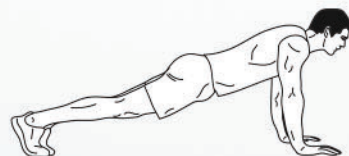
5-count push-up plank hold



5 push-ups



5-count push-up plank hold



5-count plank hold



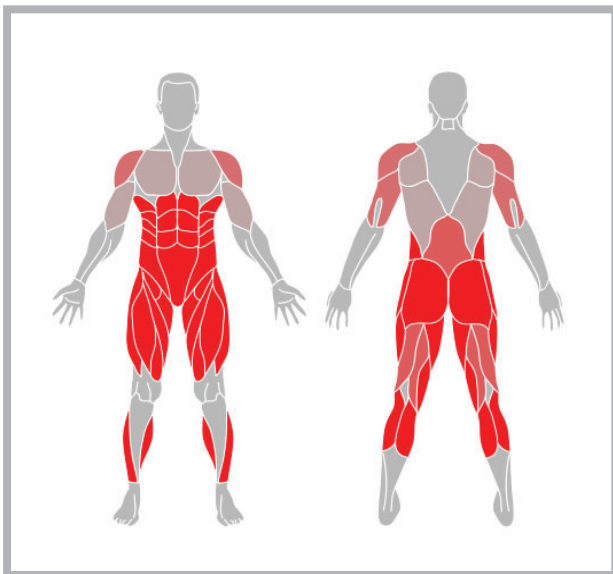
5-count push-up plank hold

45

License To Sweat

The link between exercise, sweat and fitness is well documented. License to Sweat is a workout that will definitely raise your body temperature and help you get to the sweat zone from the very first step. This means that your energy expenditure will also increase which makes this a high-burn and streamline workout.

Focus: High Burn



LICENSE TO SWEAT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



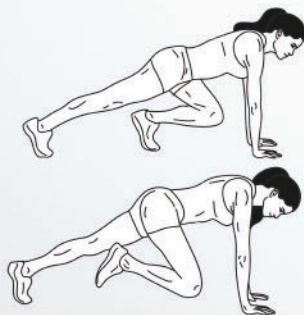
10 high knees



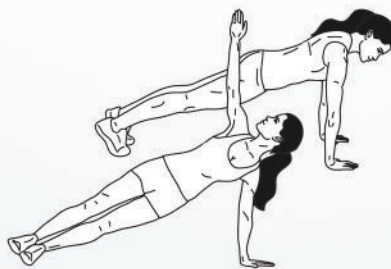
10 butt kicks



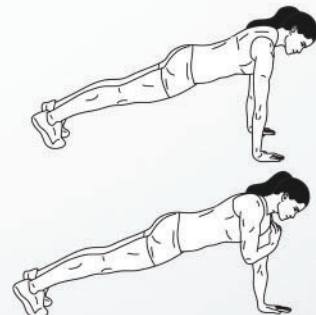
10 lunge step-ups



10 climbers



10 plank rotations



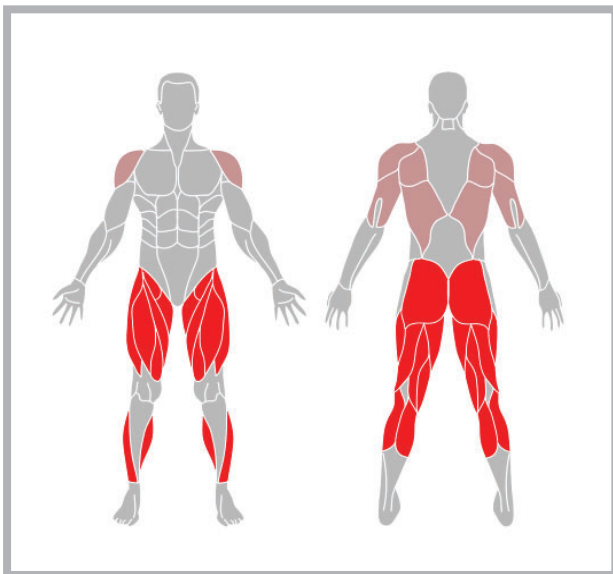
10 shoulder taps

46

Louder Than Words

You really want your workouts to speak for themselves and Louder Than Words is the kind of workout that speaks volumes about who you are, what you can do and what your focus is all about. A high-burn workout that challenges your VO2 Max and works your cardiovascular system, it will change the way you commune with your body.

Focus: High Burn



LOUDER THAN WORDS

DAREBEE
WORKOUT

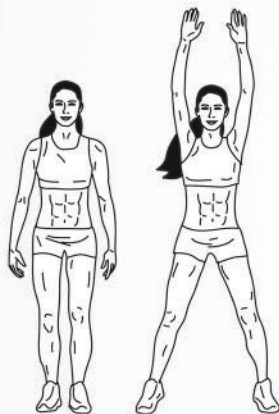
@ darebee.com

Level I 3 sets

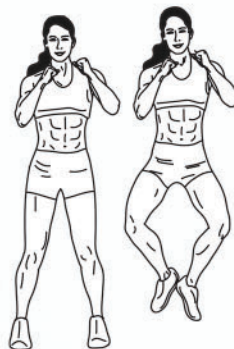
Level II 5 sets

Level III 7 sets

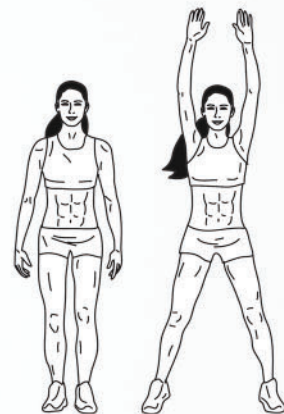
2 minutes rest



10 jumping jacks



2 hop heel clicks



10 jumping jacks



10 butt kicks



2 jumping lunges

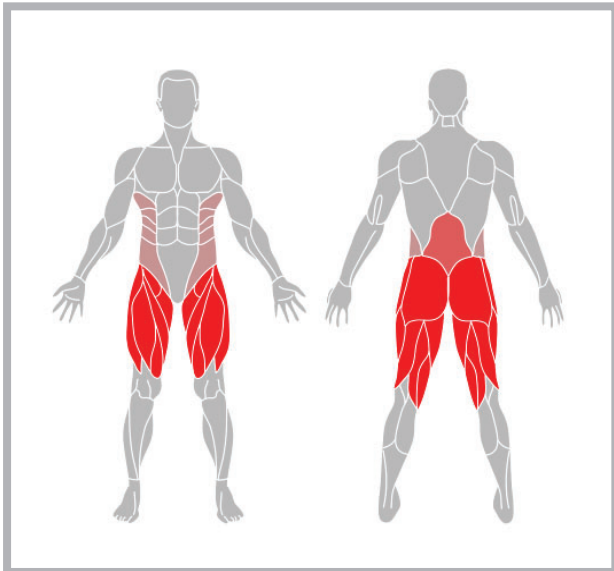


10 butt kicks

Lowerbody Tendon Strength

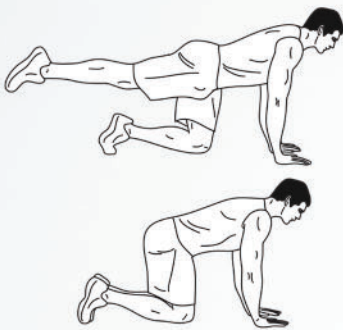
If the muscles are the engines that power us then the tendons are the anchors that help that engine perform properly. Tendons don't just connect muscle tissue to the bone, the strength of the anchor point determines just how hard a muscle can work, what explosive energy it can generate and how well it can withstand fatigue. The Lowerbody Tendon Strength workout is designed to help your lower body perform at its absolutely best.

Focus: Cool Down



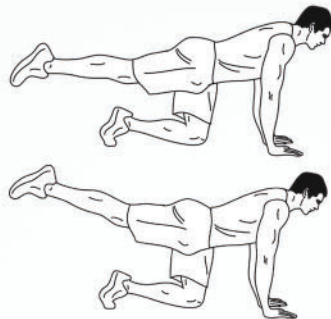
LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



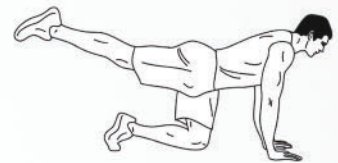
20sec leg extensions

+



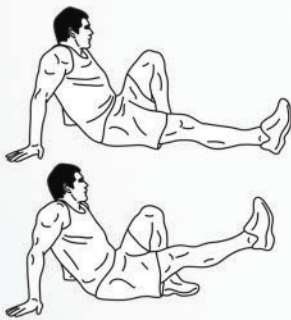
20sec raised leg swings

+



20sec hold

change sides and repeat the sequence



20sec leg raises

+



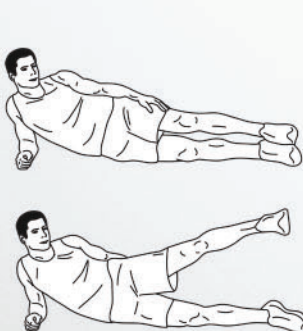
20sec raised leg circles

+



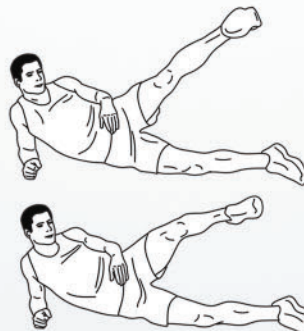
20sec hold

change sides and repeat the sequence



20sec side leg raises

+



20sec raised leg kicks

+



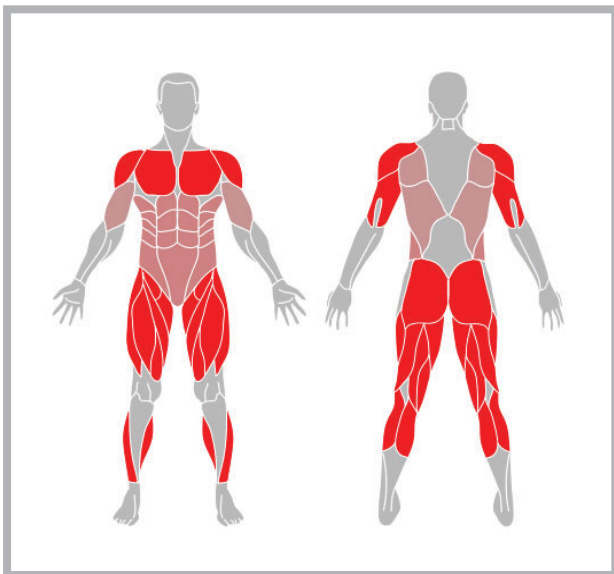
20sec hold

change sides and repeat the sequence

Make My Day

If you want to move fast, change directions quickly, fight with devastating effectiveness, then you need to either relocate to a planet with a lower gravity or reduce the mass of your body, effectively making yourself lighter. The Make My Day workout does just that, by making you feel lighter. Successive exercise spit your bodyweight against gravity and you end up gasping for breath. This is not suitable for beginners. Then again if you got reading this far, you're most probably not a beginner.

Focus: High Burn



GO AHEAD

MAKE MY DAY

DAREBEE WORKOUT

@ darebee.com

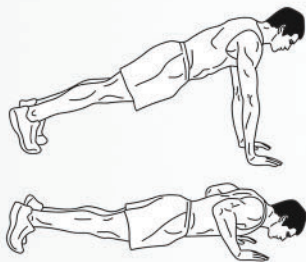
LEVEL I 3 sets

LEVEL II 5 sets

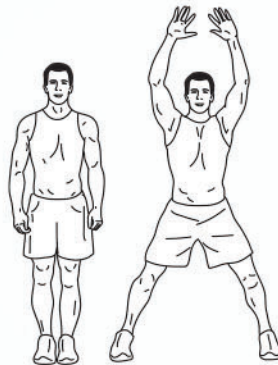
LEVEL III 7 sets

up to 2 minutes

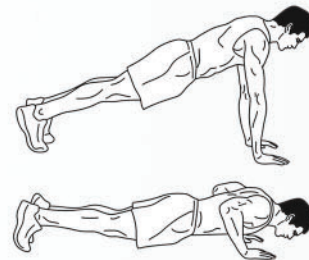
rest between sets



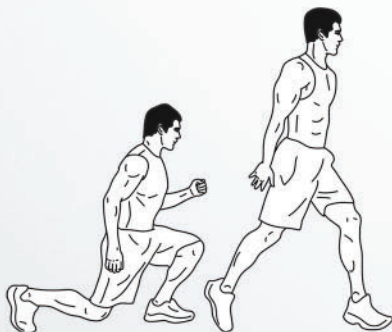
2 push-ups



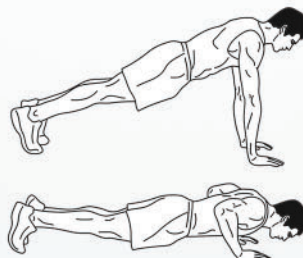
10 jumping jacks



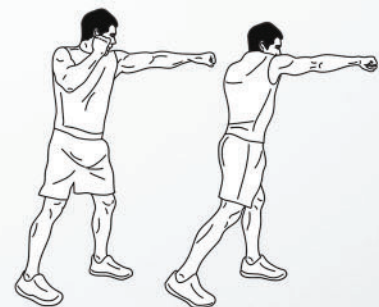
2 push-ups



10 jumping lunges



2 push-ups



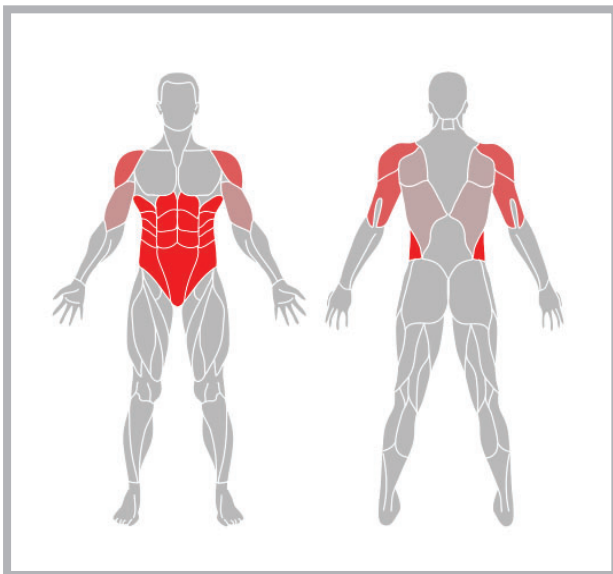
10 punches

49

Mayhem

Better upper body control, paradoxically, requires core strength and good abs. Mayhem is an upper body strength workout that helps you build the right muscle balance for a more powerful upper body.

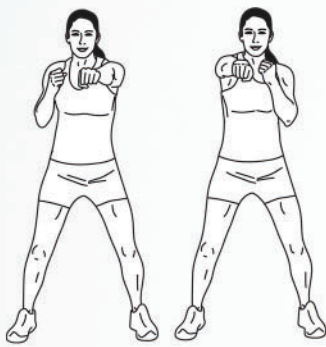
Focus: Strength & Tone



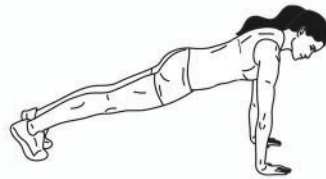
MAYHEM

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



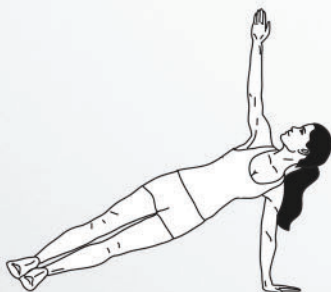
20 punches



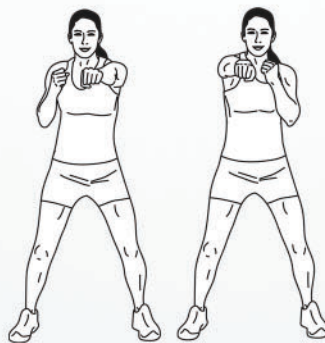
20-count plank hold



20 punches



20-count side plank hold
left side



20 punches



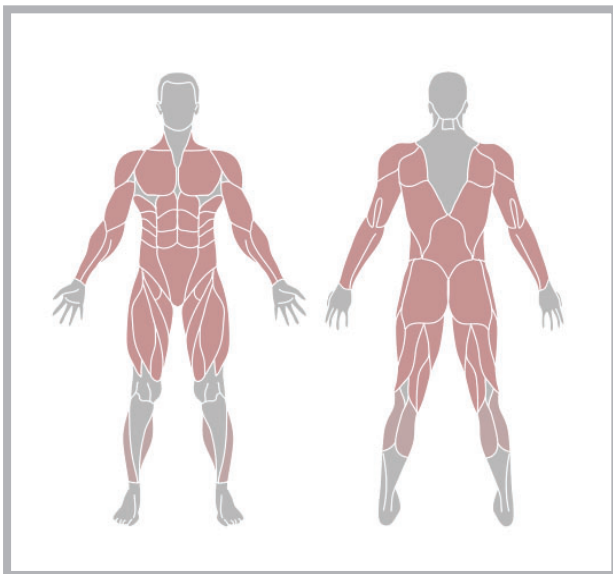
20-count side plank hold
right side

50

Mobility Flow

What if you totally owned your body so that it obeyed your every command? Mobility Flow is a workout that aims to give you just that. The static poses activate and hold muscle groups at flexion, helping them get stronger and better. At the same time it reinforces the neural pathways that give you control over your body's muscles. Make this one a regular each month and you will reap the benefits.

Focus: Stretching



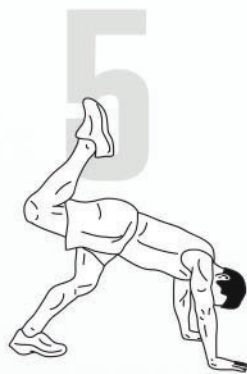
Mobility Flow

DAREBEE WORKOUT

@ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

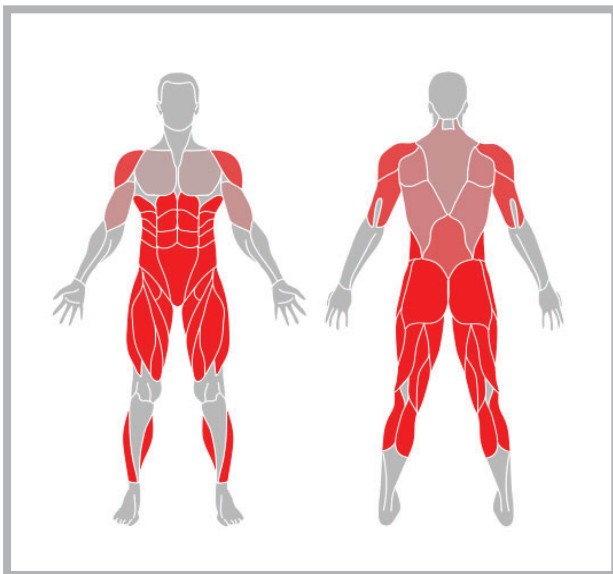


51

Monkey

Get your Monkey on! Crawl, jump and kick as if you were trapped under a mountain for 500 years. Liberate your body and your muscles and get back into action. Try to go from climbers to burpees and back to climbers on the fly, with no pauses.

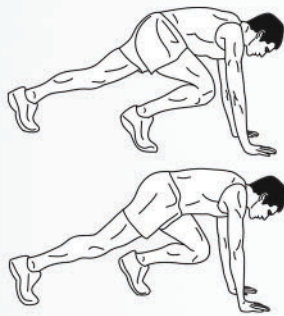
Focus: High Burn



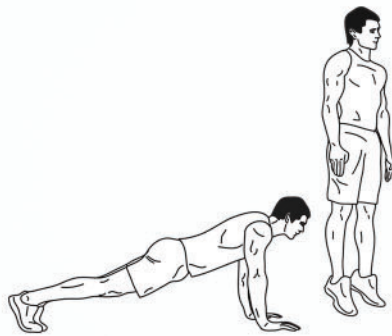
MONKEY!

DAREBEE WORKOUT @ darebee.com

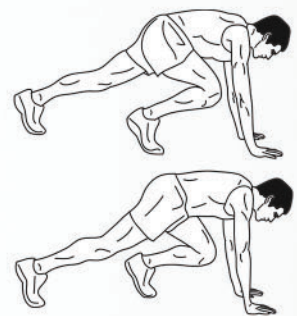
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



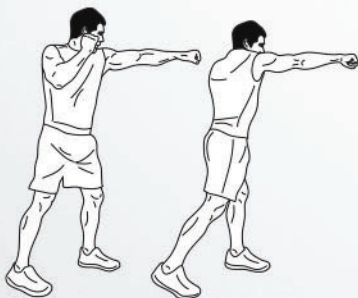
10 climbers



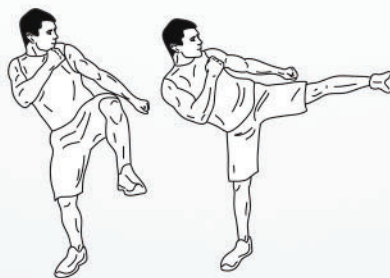
10 basic burpees



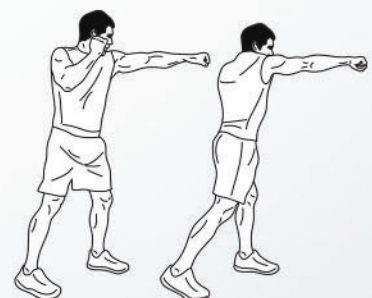
10 climbers



20 punches



20 side kicks

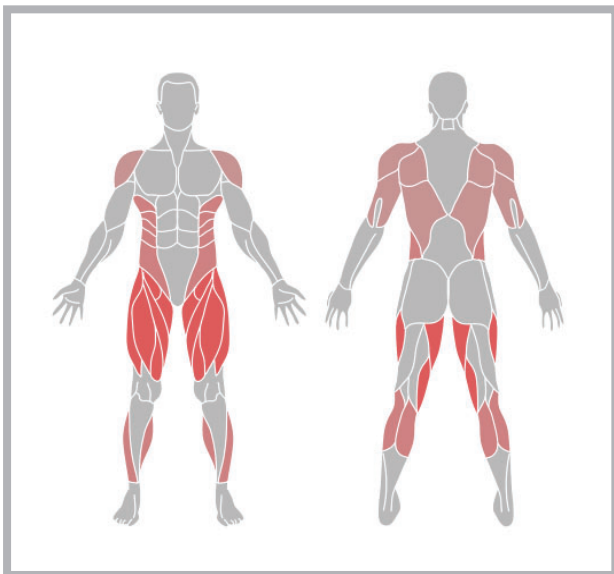


20 punches

Move It, Move It

A fast-moving workout that targets every major muscle group, works your agility and helps you improve your cardiovascular and aerobic fitness without exhausting you in the process has to leave you feeling energized. You've Got To Move it! Move it! is just that perfect combination of movement, fun and fitness. Make sure all Jumping Jacks are performed on the balls of your feet so your heels do not touch down.

Focus: High Burn



YOU'VE GOT TO

MOVE IT MOVE IT'

WORKOUT
BY DAREBEE

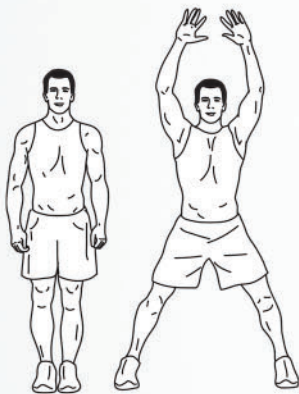
@ darebee.com

Level I 3 sets

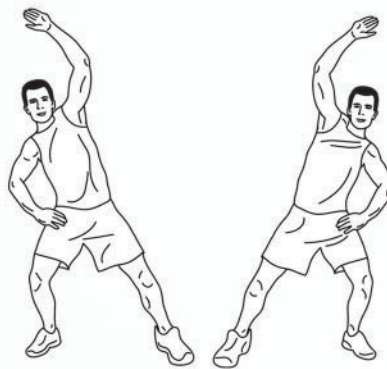
Level II 5 sets

Level III 7 sets

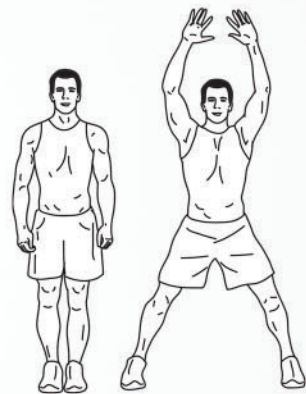
2 minutes rest



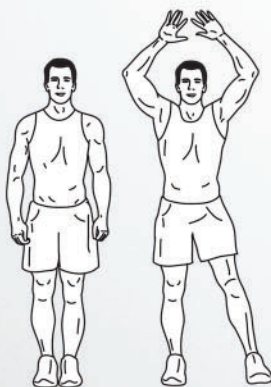
10 jumping jacks



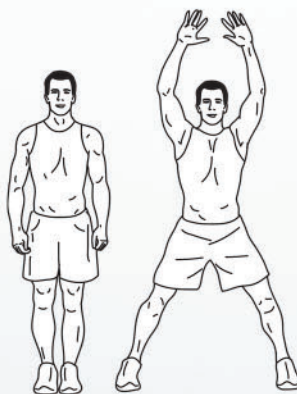
10 side jacks



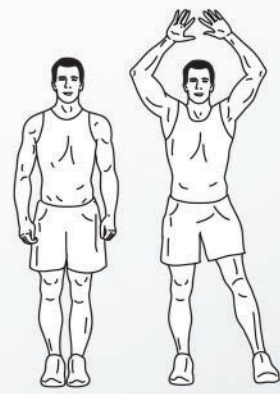
10 jumping jacks



10 step jacks



10 jumping jacks

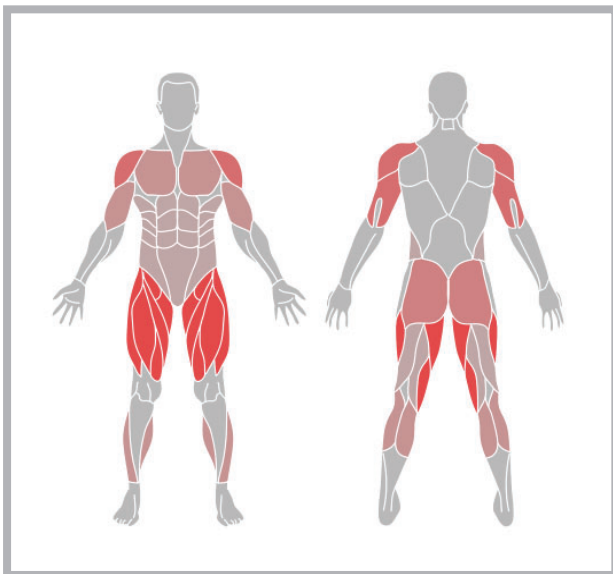


10 step jacks

Mr Grumpy

Mr Grumpy is a workout designed to make you feel good on the days when you just feel low and grumpy. It activates your muscles, works your cardiovascular system, gets your aerobic system going and, because it won't drain your batteries, it will only leave you feeling much improved both physically and mentally, afterwards.

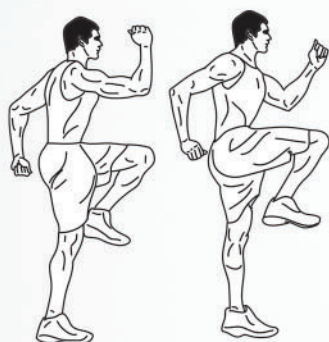
Focus: High Burn



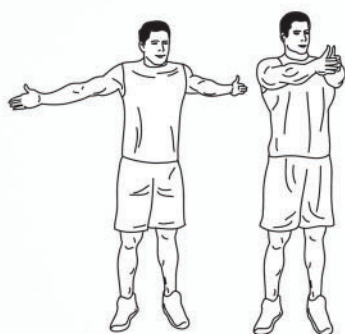
Mr Grumpy

DAREBEE WORKOUT @ darebee.com

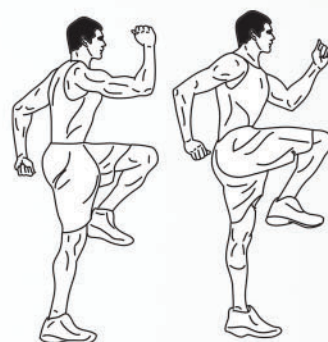
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



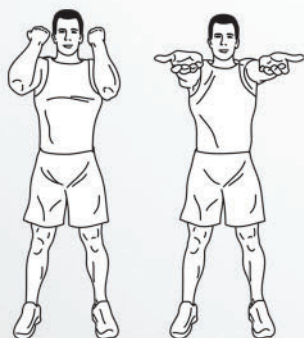
20 march steps



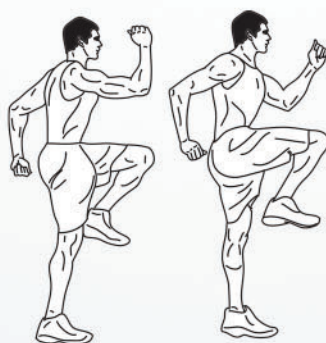
20 chest expansions



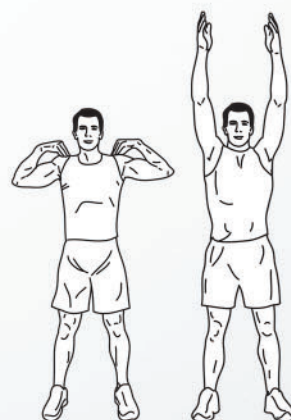
20 march steps



20 bicep extensions



20 march steps

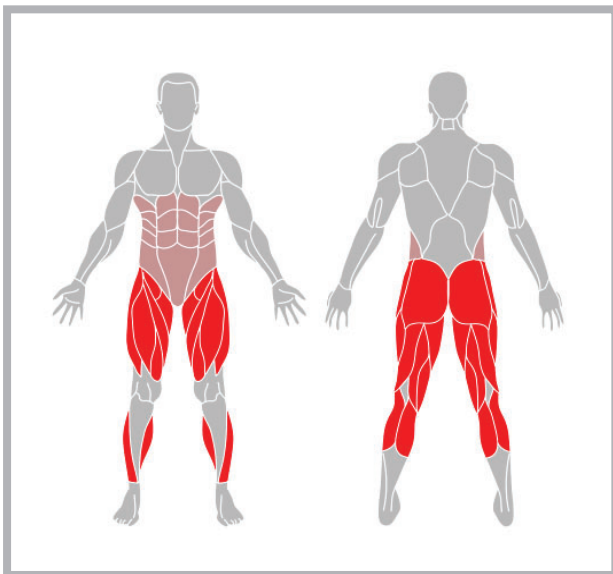


20 shoulder taps

My Own Hero

Be your own hero - write your own story! The Hero workout will help you feel stronger, more confident and more in control of your body and your life. Bring your knee all the way to the floor when doing lunges. Go flat out when performing high knees.

Focus: High Burn



I AM MY OWN HERO

DAREBEE WORKOUT

@ darebee.com

Repeat 5 times in total

up to 2 minutes rest in between



12 lunges



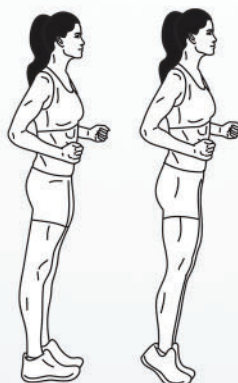
20 high knees



12 side lunges



20 high knees



12 calf raises

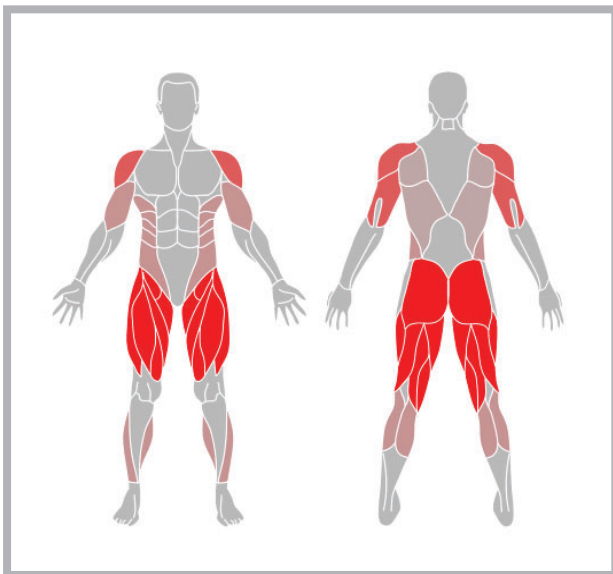


20 high knees

My Time Is Now

There's no time like the present. And, truly, you'll never be as young as you are right now. My Time Is Now is an acknowledgement that you need to seize the moment for yourself, feel your body work, revel in the sensation of being you and build from those feelings onwards and upwards towards your future, awesome, self.

Focus: Strength & Tone



MY TIME IS NOW

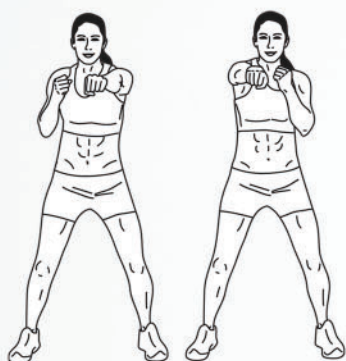
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

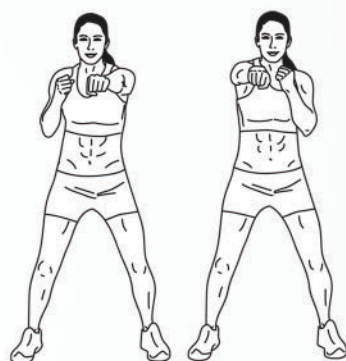
2 minutes rest



20 punches



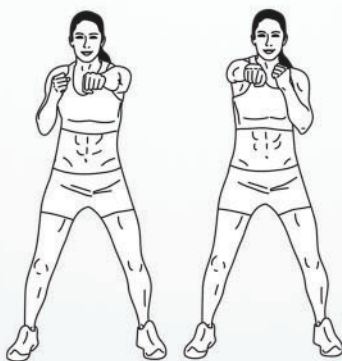
6 squats



20 punches



6 lunges



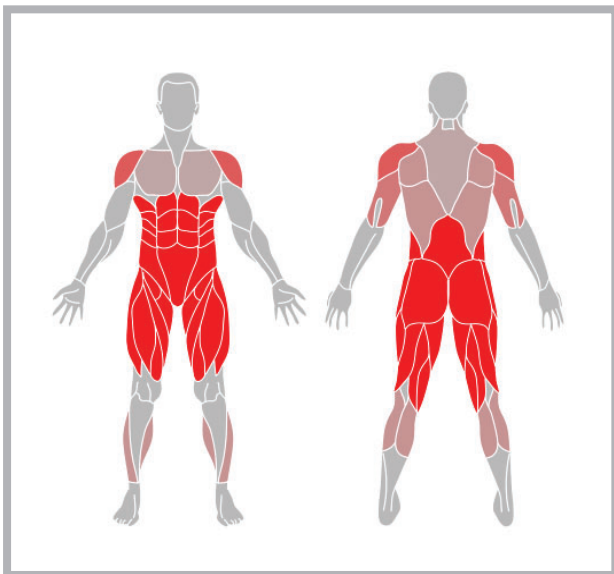
20 punches



6 reverse lunges

Next Level workout is a full body workout that lives up to its name by helping you prep for the next level. Although it is just a difficulty Level II workout, it does work all the major muscle groups of the body and in doing so provides an increasing load to work with as fatigue kicks in.

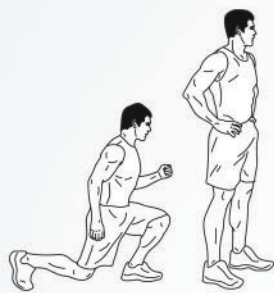
Focus: Strength & Tone



NEXT LEVEL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



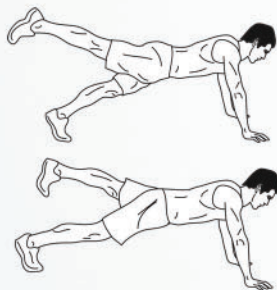
10 reverse lunges



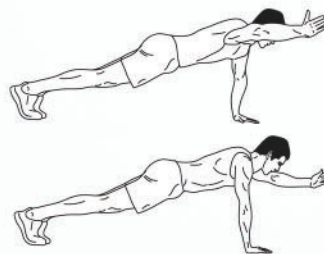
10 lunge step-ups



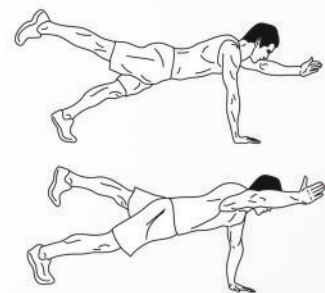
10 forward lunges



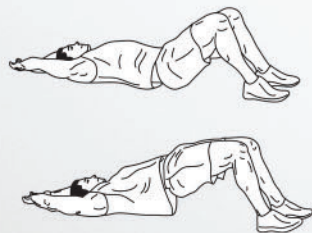
10 plank leg raises



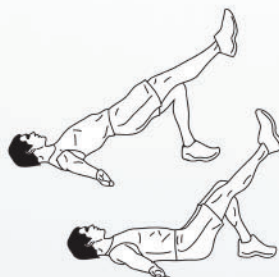
10 plank arm raises



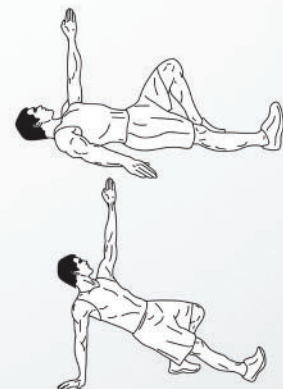
10 alt arm / leg raises



10 bridges



10 single leg bridges

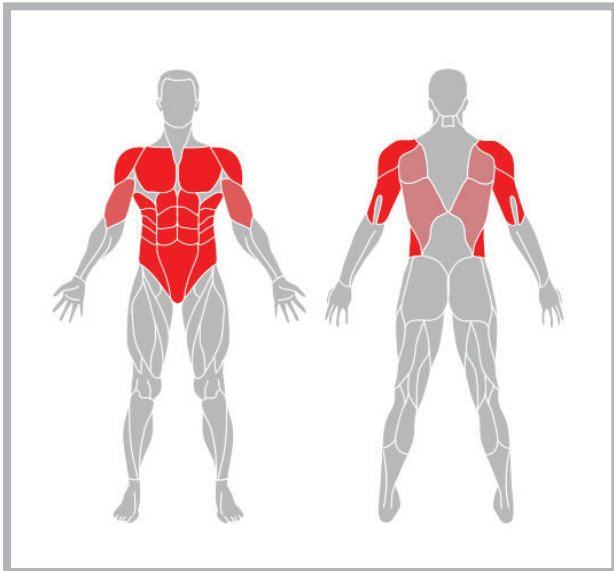


10 get-ups

No-Equipment Biceps

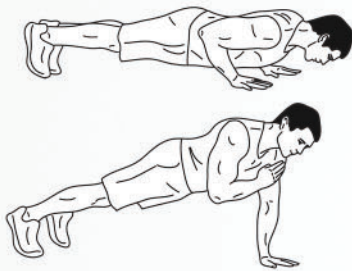
Working the biceps doesn't always mean lifting dumbbells and hanging from overhead bars. The no-equipment Biceps workout is perfect for those days when all you have is a little space, a little time and yourself. Plus, it is the perfect workout for those beginning to work on their bicep strength after injury or a long lay-off.

Focus: Strength & Tone

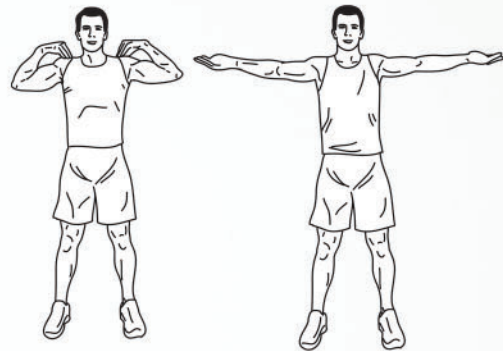


NO-EQUIPMENT BICEPS

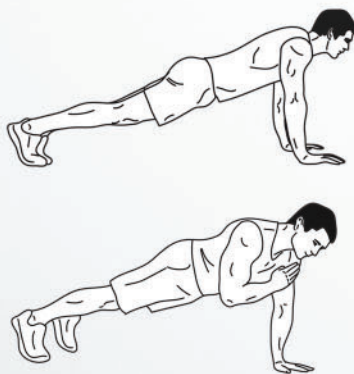
DAREBEE WORKOUT @ darebee.com
no rest between exercises



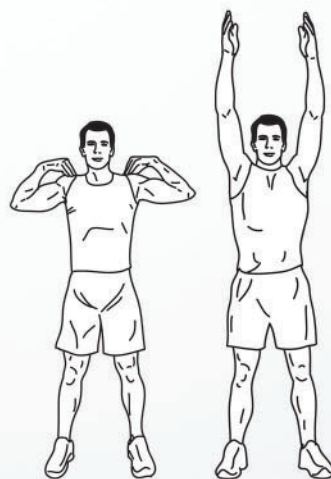
10 push-up shoulder taps
x 3 sets in total
20 seconds rest between sets



40 side bicep extensions
x 3 sets in total
20 seconds rest between sets



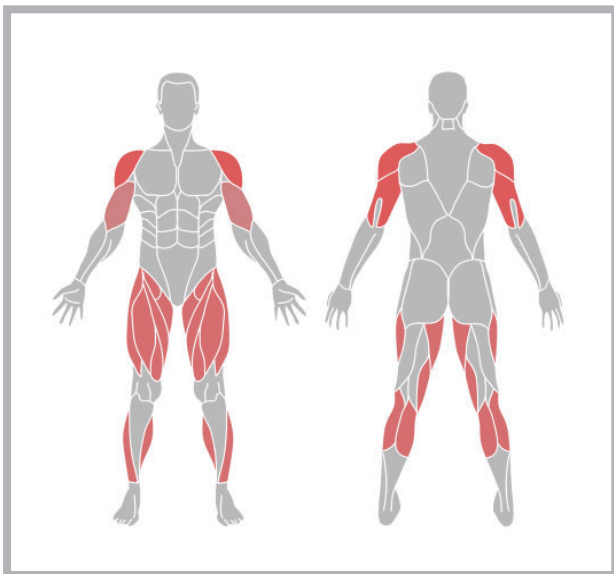
20 shoulder taps
x 3 sets in total
20 seconds rest between sets



40 standing shoulder taps
x 3 sets in total
20 seconds rest between sets

The No-Nonsense workout uses some of the body's largest muscle groups and then recruits some of the smaller ones to work in a steady, measured way that increases the aerobic load on the muscles as the sets pile up. Perfect as a cardiovascular fitness routine on days when the overall load shouldn't be too high and perfect as a step-up for those starting their fitness journey or re-starting it after a lay-off.

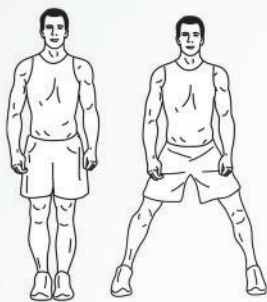
Focus: High Burn



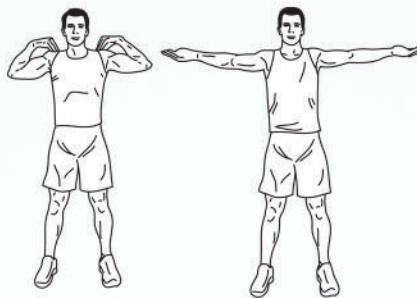
No-Nonsense

DAREBEE WORKOUT @ darebee.com

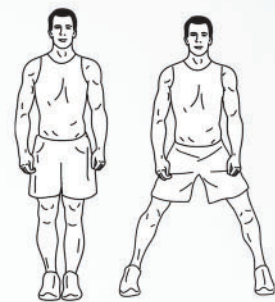
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



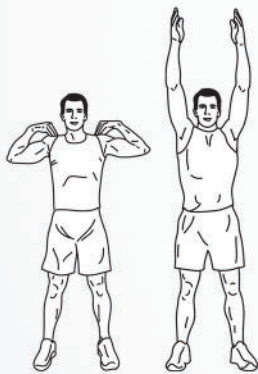
10 half jacks



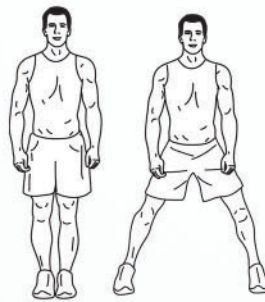
10 side shoulder taps



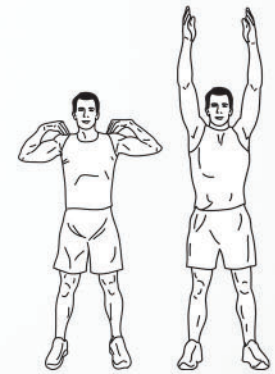
10 half jacks



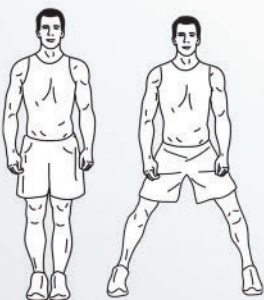
10 shoulder taps



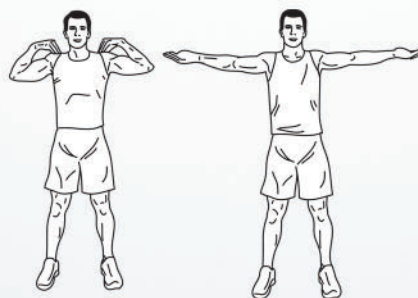
10 half jacks



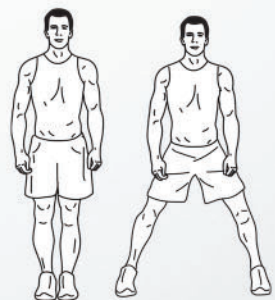
10 shoulder taps



10 half jacks



10 side shoulder taps



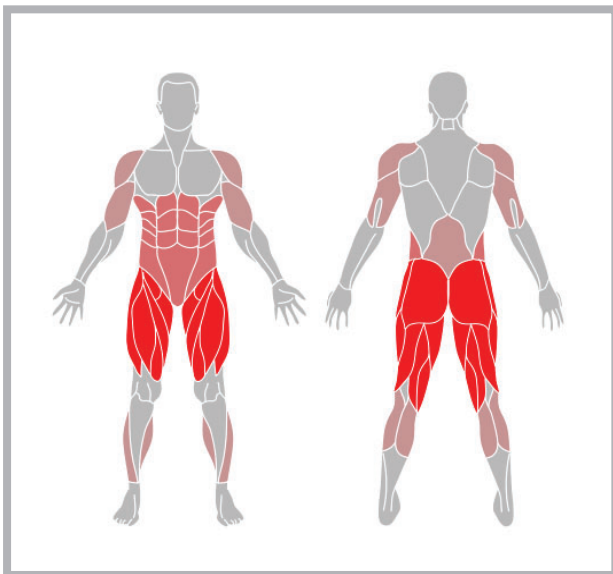
10 half jacks

59

No Regrets

A full body workout trains muscles, tendons and ligaments. It helps improve flexibility and balance. It increases agility and challenges aerobic capacity and the VO2 Max limits. No Regrets is the workout you go to so you can begin to level up.

Focus: High Burn

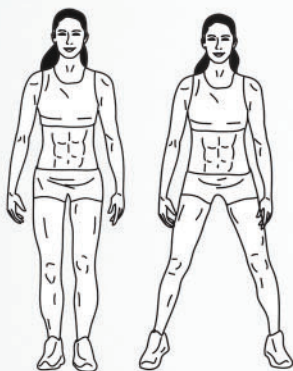


no regrets

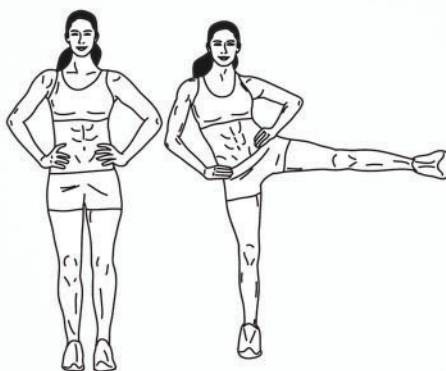
WORKOUT

BY DAREBEE @ darebee.com

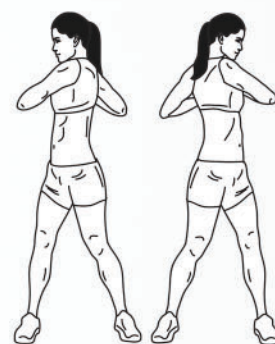
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



20 side leg raises



10 torso twists



10 goblet squats



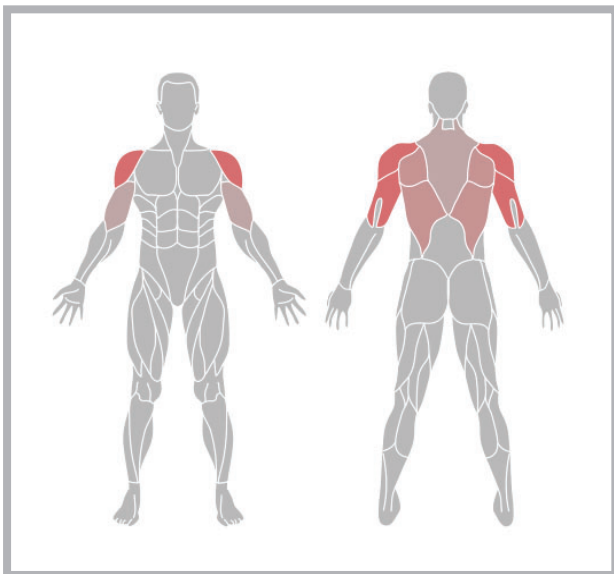
20 squat hold punches

60

One Angry Bird

Upper body work needs to be consistent and persistent. This means that you will always need upper body workouts that push all the right buttons but do not drain your batteries and allow you to be capable of raising your keys to get back in the house the next day. This is where the One Angry Bird workout comes in. On a busy day, when things pile up this workout will keep you moving forward on your fitness journey.

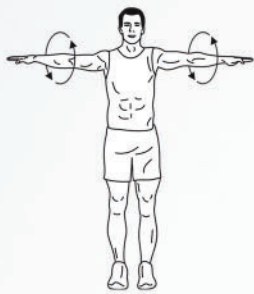
Focus: Strength & Tone



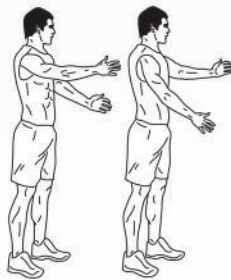
ONE ANGRY BIRD

DAREBEE WORKOUT @ darebee.com

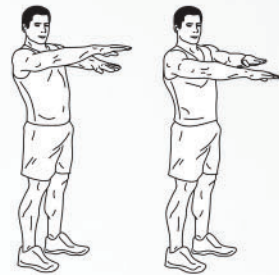
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 arm circles



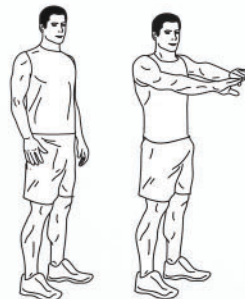
10 scissor chops



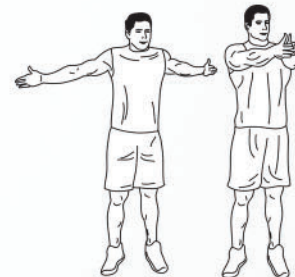
10 arm scissors



10 arm circles



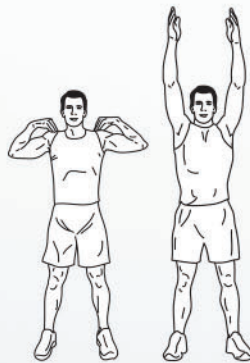
10 arm raises



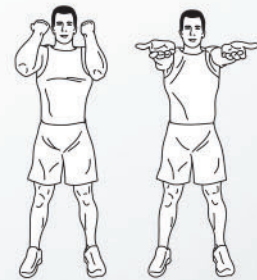
10 chest expansions



10 arm circles



10 shoulder taps

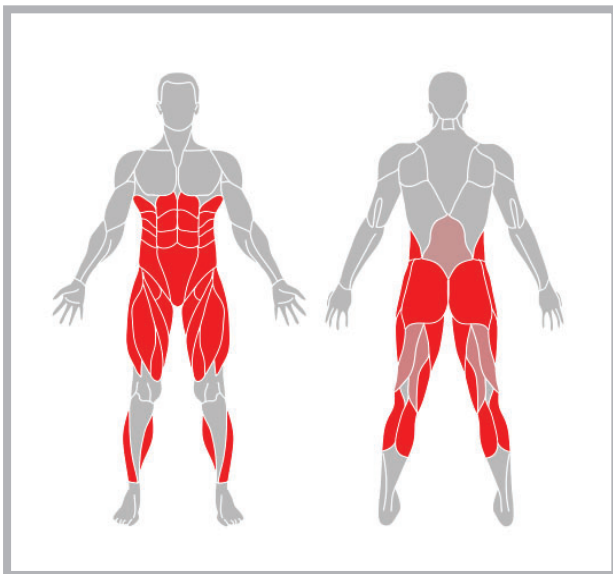


10 bicep extensions

One Brave Girl

Bravery is a mental concept, of course. But it starts in the body. In order to be brave we need to feel a little confidence in our own sense of capability. That sense is constructed through successfully completing challenging physical tasks. This makes the One Brave Girl workout a challenge from the onset; though not one that is beyond you. You need to focus.

Focus: High Burn



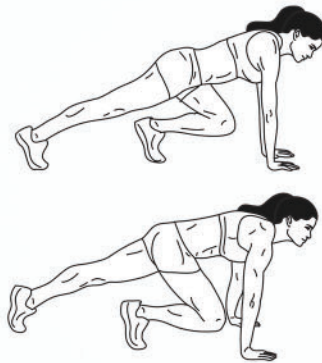
ONE BRAVE GIRL

DAREBEE WORKOUT @ darebee.com

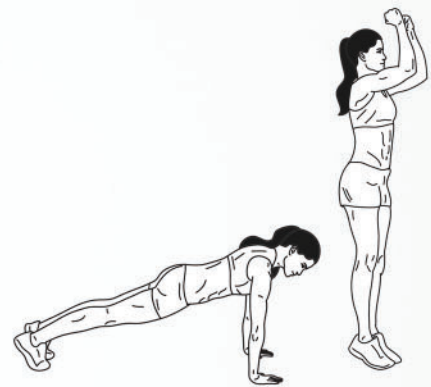
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



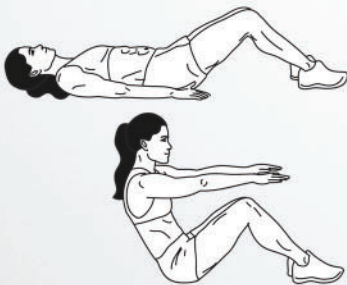
20 high knees



10 climbers



2 basic burpees



10 sit-ups



10 reverse crunches

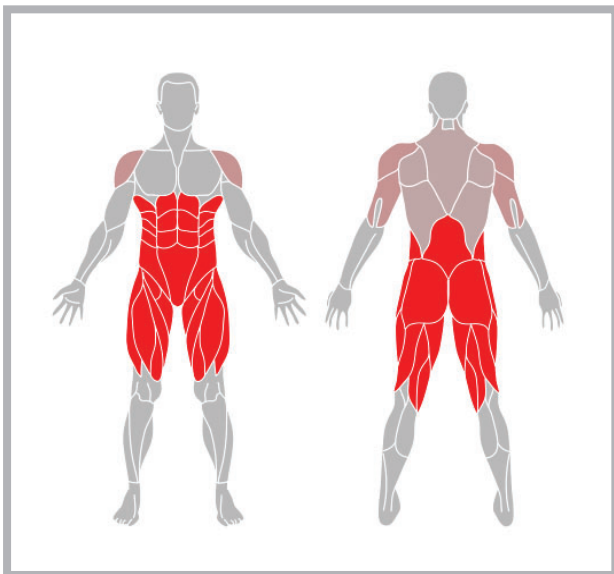


10 sitting twists

One More Shot

One More Shot is the workout that helps you get in that extra bit of training when you thought there was no room for nay more training to fit into your life. A strength and tone program that targets the body's major muscle groups it's only a difficulty Level II. That makes it great for beginners as well as for advanced enthusiasts who are looking for that 'easy day'.

Focus: Strength & Tone



ONE MORE SHOT

DAREBEE
WORKOUT

© darebee.com

LEVEL I 3 sets

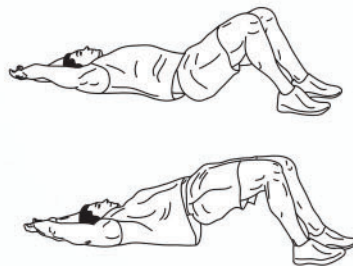
LEVEL II 5 sets

LEVEL III 7 sets

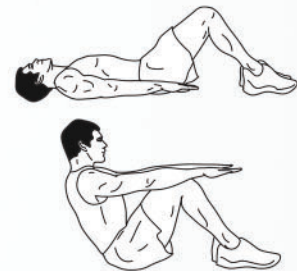
REST up to 2 minutes



10 lunges



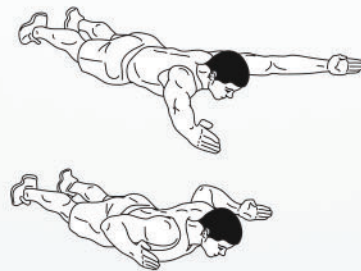
10 bridges



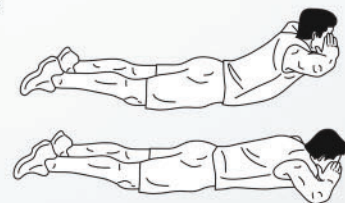
5 sit-ups



10 heel taps



10 W-extensions

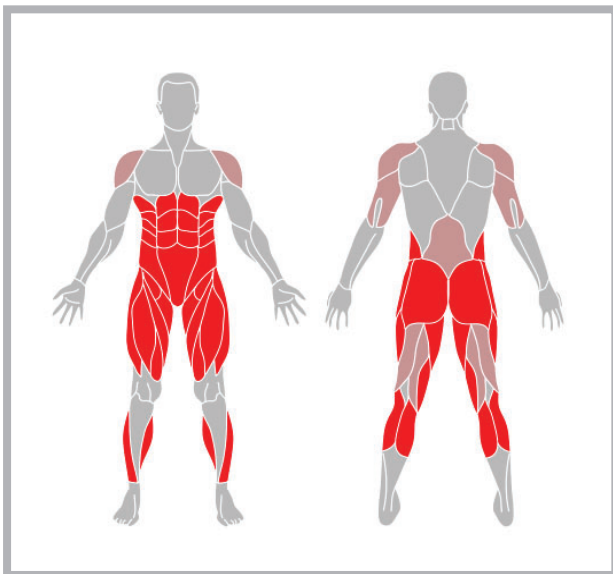


5 back extensions

On The Roll

You know you're on a roll when you smoothly flow from standing to floor exercises and back again without missing a beat. On The Roll is a deceptive workout. It looks like it will be easy since most of the exercises don't require a lot of movement but it is designed to use both the front and back kinetic chains of the body and, as a result, it activates lungs and heart and gets your cardiovascular system going.

Focus: High Burn



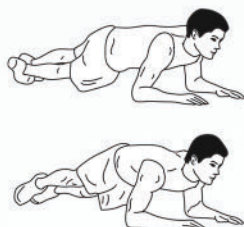
On The Roll

DAREBEE WORKOUT @ darebee.com

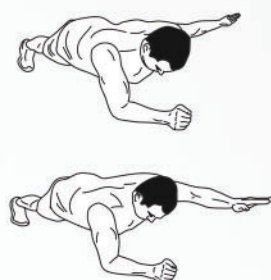
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



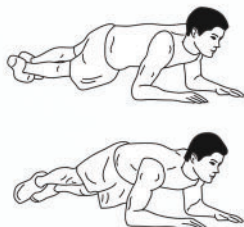
10 plank rolls



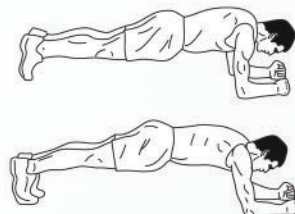
4 seagulls



20 high knees



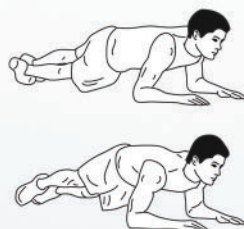
10 plank rolls



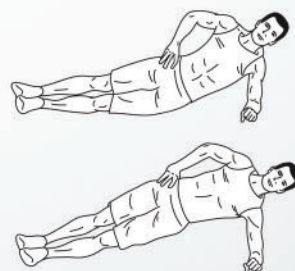
4 bodysaw



20 high knees



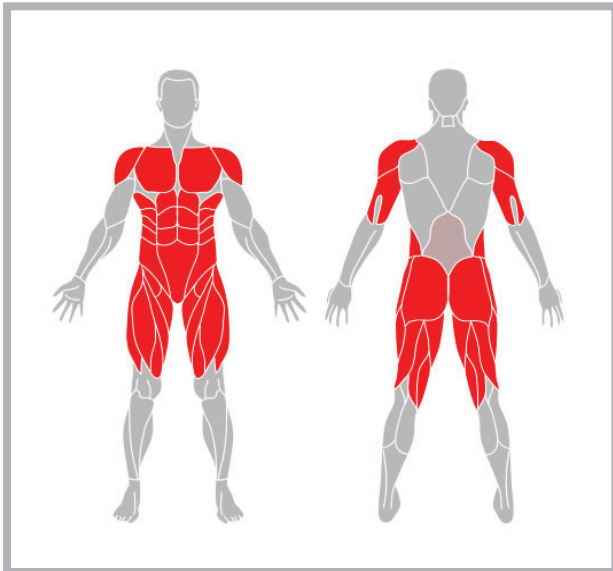
10 plank rolls



4 side bridges

What if you trained muscles through consecutive exercises that varied the load that is being brought to bear on them by changing the intensity? Overlap does exactly that for both your upper and lower body. This creates a workout that despite being just difficulty Level III will feel way harder after the first set, or two. Overlap targets the whole body, working both upper and lower body muscle groups and engaging the core.

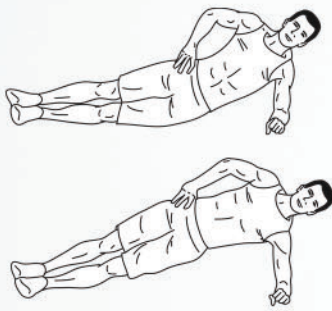
Focus: Strength & Tone



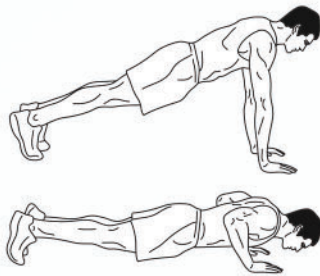
OVERLAP

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



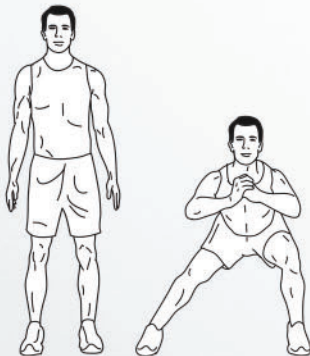
10 side bridges



5 push-ups



10-count plank hold



10 side lunges



5 squats

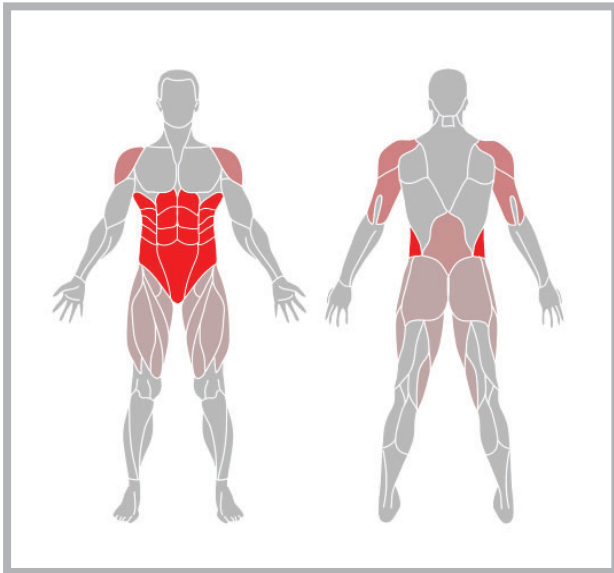


10-count squat hold

Plank Select

A strong core and abs amplify all your existing physical fitness attributes. Developing a strong core however takes time, effort and dedication. The Plank Select workout makes some things easier by helping you maintain the plank position and keep pressure on your core far longer than you would had you just tried to maintain a single position all the time. The net effect is that the need for adaptation felt by the core increases and you will see real physical fitness benefits much faster.

Focus: Abs



PLANK SELECT

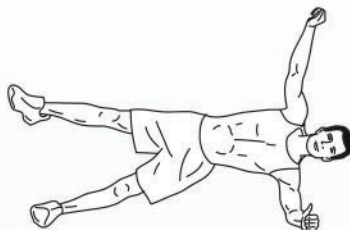
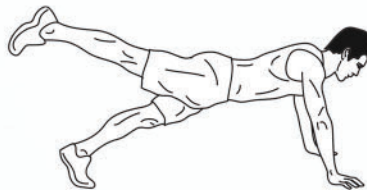
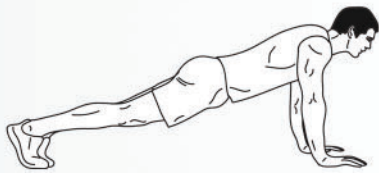
DAREBEE WORKOUT @ darebee.com

Get into the plank position and set a timer.

Transition to planks from the selection at will, until the time is up.

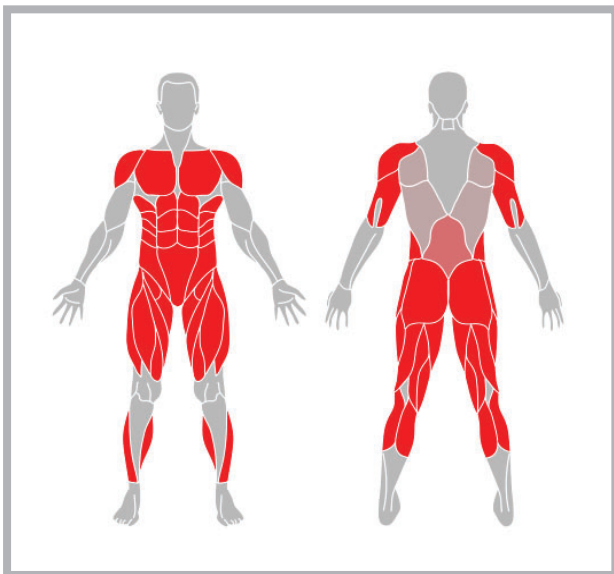
Hold each position for as long as you can.

LEVEL I 2 minutes **LEVEL II** 3 minutes **LEVEL III** 4 minutes



To truly harness your body's power you need strong glutes, quads and calves. Unparalleled fascial fitness. Good lungs that can maximize the oxygen extracted from each breath, hence good VO2 Max and a strong heart to pump oxygenated blood where it's needed and get rid of the build up of CO2 in the bloodstream; hence a good cardiovascular system. Power Boost is a workout that will take you to the very edge of your ability. It will also boost the confidence you have in the raw ability of your own body.

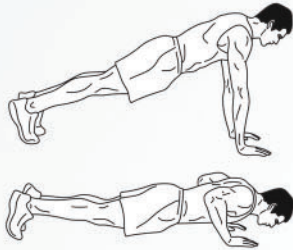
Focus: Strength & Tone



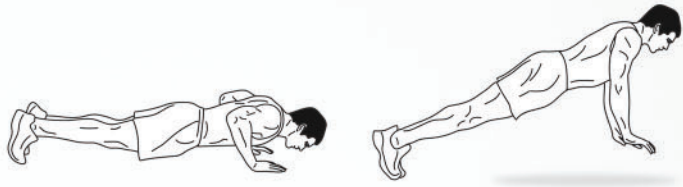
POWER BOOST

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



10 push-ups x 5 sets
30 seconds rest between sets

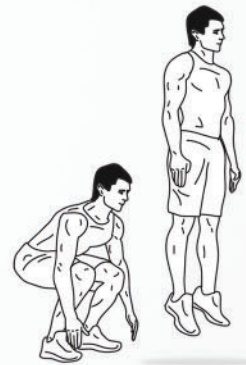


Finish each set with 2 power push-ups.
Clear the floor each time.

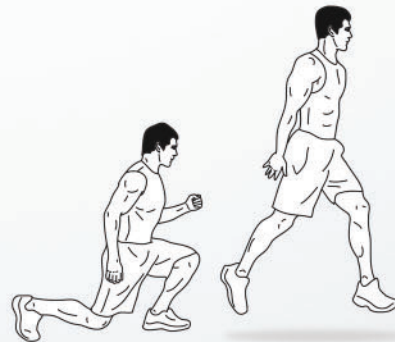


10 squats x 5 sets
30 seconds rest between sets

Finish each set
with 2 jump squats.
Clear the floor each time.

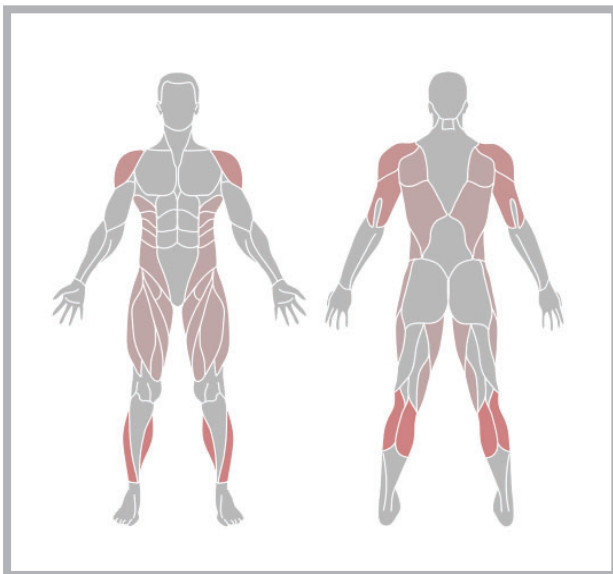


10 split lunges x 5 sets
30 seconds rest between sets



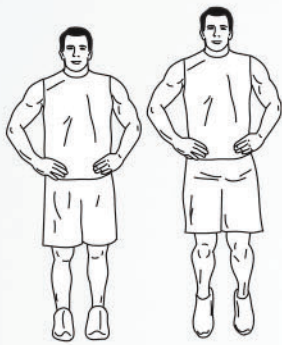
Finish each set with 2 jumping lunges.
Clear the floor each time.

Stretching is important. It increases range of motion for each muscle group, it promotes circulation and helps strengthen the cardiovascular system and it helps build better, more balanced muscles. The Prep is the perfect workout to go for when cooling down or as a stand-in for those days when you know you should exercise but are running low on energy and willpower.

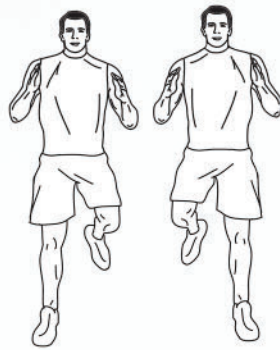
Focus: Warm Up

THE PREP

DAREBEE PRE-WORKOUT @ darebee.com



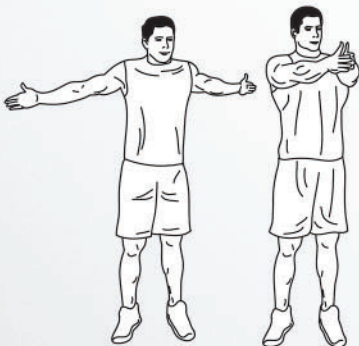
30 hops on the spot



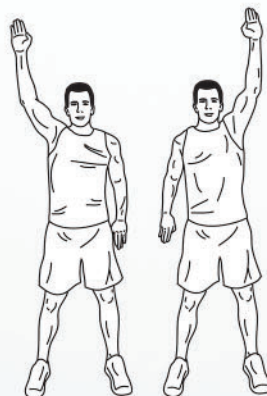
30 side-to-side hops



30 hip rotations



30 chest expansions



30 alt chest expansions



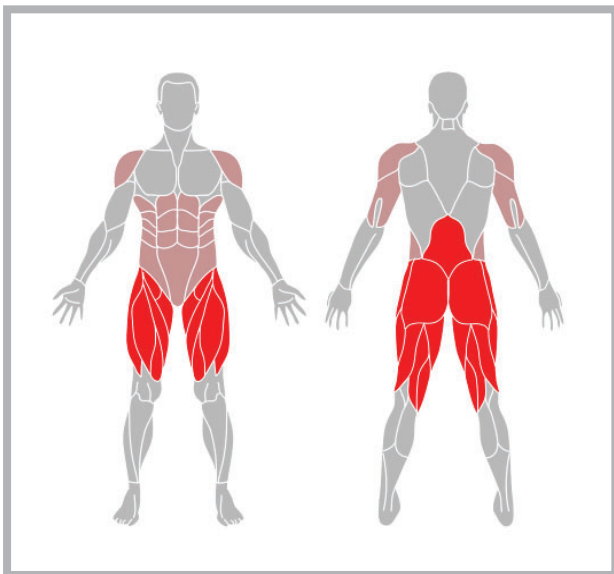
30 raised arm circles

68

Pretty Little Monster

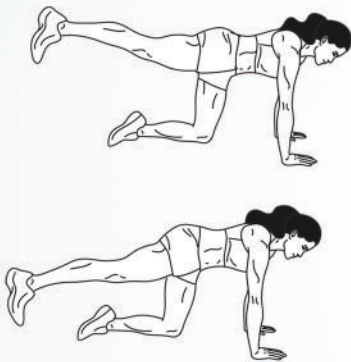
Bring out your inner monster with a workout designed to train your glutes, core, tendons and ligaments. A direct aid to better mobility, agility and flexibility.

Focus: Strength & Tone

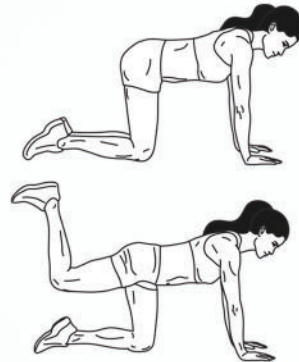


PRETTY LITTLE MONSTER

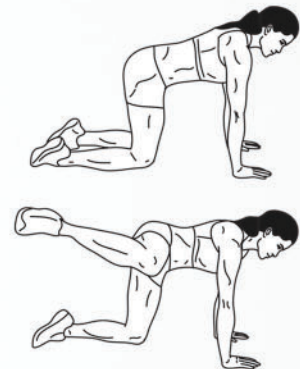
DAREBEE WORKOUT @ darebee.com



40 leg swings



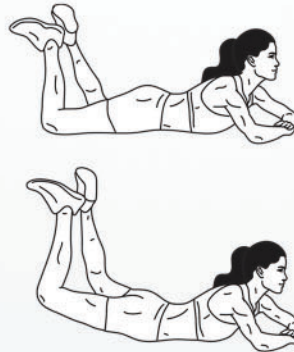
40 leg extensions



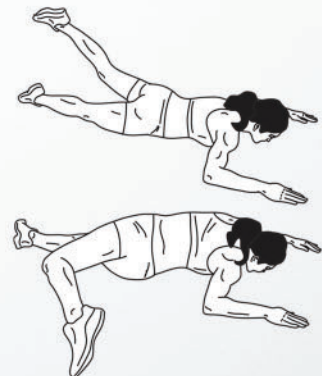
40 side leg extensions



4 downward upward dogs



10 glute flex

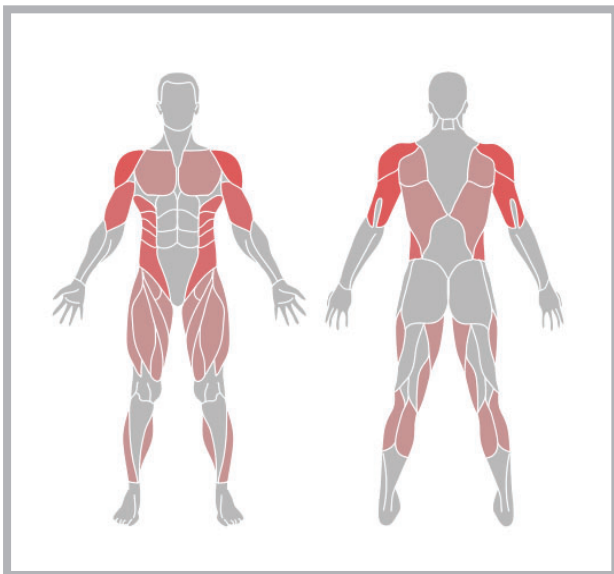


4 scorpion twists

Pro Boxer

Science shows that combat moves will make you fitter and smarter. Pro Boxer is a workout that will test your coordination, breathing, speed, endurance and VO2 Max. Make sure you bounce on the balls of your feet throughout, adding fascial fitness to the list of benefits this delivers. Although it has an upper body focus, because of the sheer number of punches it doesn't neglect the power body. Bend your knees to deliver uppercuts and make sure you twist your hips every time you throw a punch.

Focus: High Burn, Combat



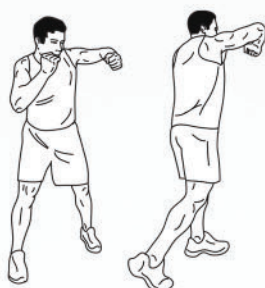
PROBOXER

DAREBEE WORKOUT @ darebee.com

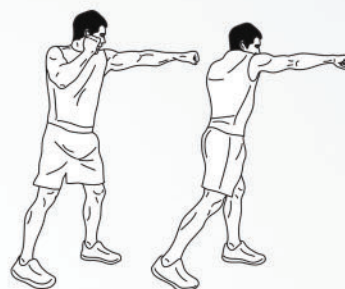
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



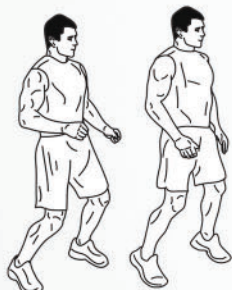
20 bounce



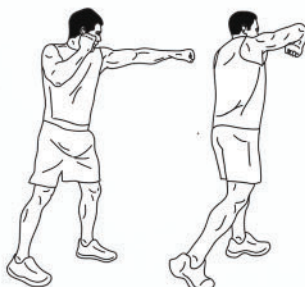
10 hooks



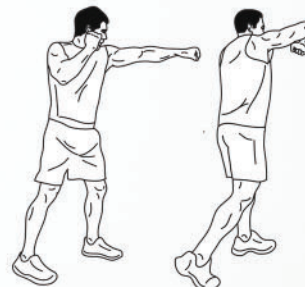
10 jab + cross



20 bounce



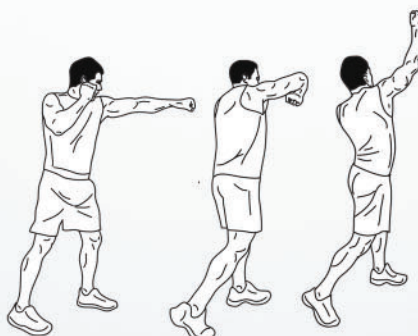
10 jab + hook



10 jab + jab + hook



20 bounce



10 jab + hook + uppercut



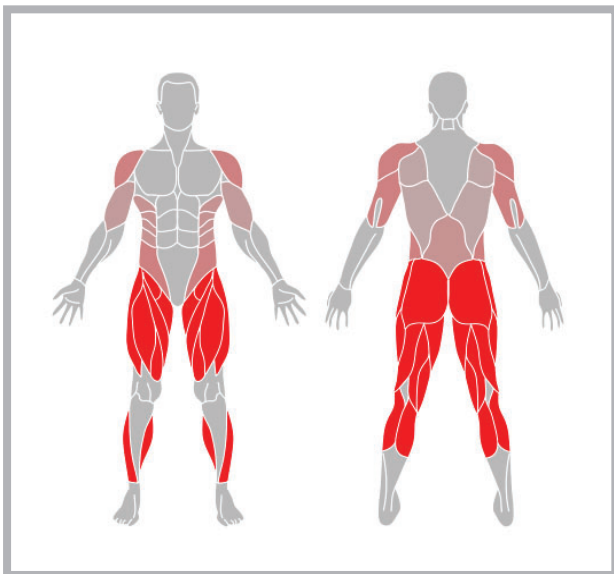
10 uppercuts

70

Protagonist

When you train your entire body you have two options available to you: Go flat-out and try and exercise every muscle group as much as possible or train your entire body without exhausting everything. The second option has the advantage of requiring less time while still activating all the major muscle groups and leading to the adaptations that need to occur in order to experience strength and endurance gains. Do it consistently, over time, and you will see tangible benefits.

Focus: Strength & Tone



PROTAGONIST

DAREBEE WORKOUT @ darebee.com

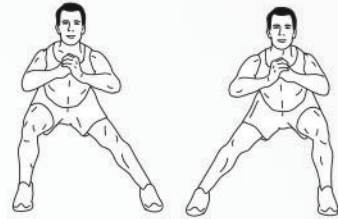
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



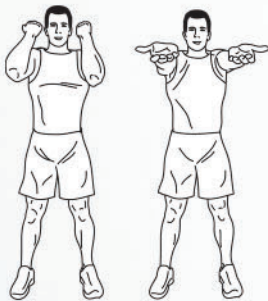
10 squats



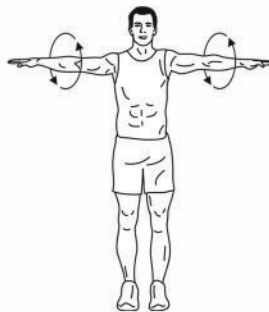
5-count squat hold



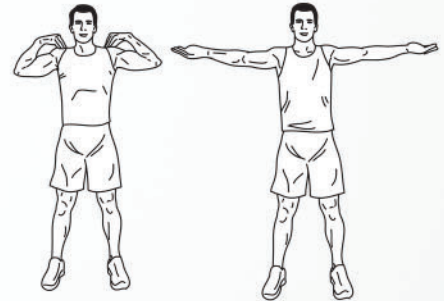
10 side lunges



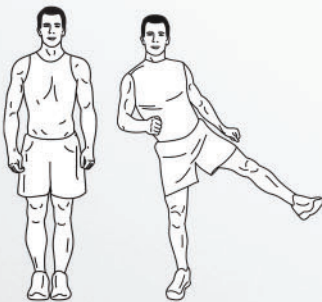
10 bicep extensions



10 arm circles



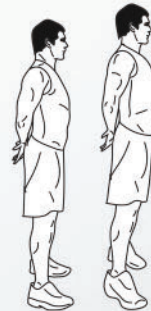
10 side shoulder taps



10 side leg raises



5 hip rotations



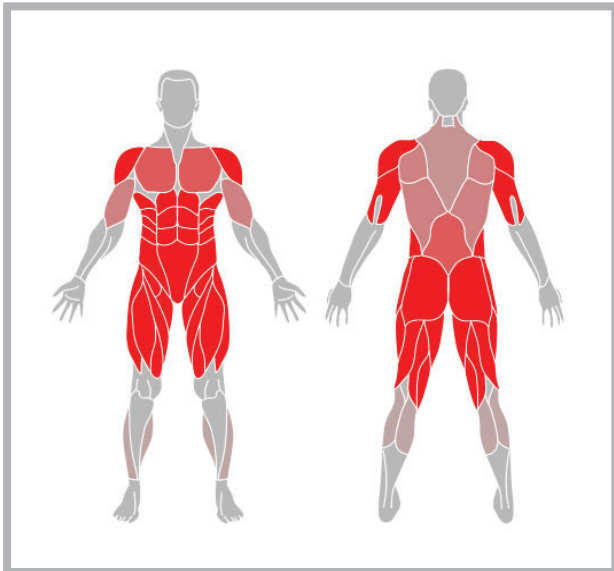
10 calf raises

71

Rage

Combat skills do more than just train your body. This is exactly why Rage should be on your bucket list to conquer.

Focus: Strength & Tone

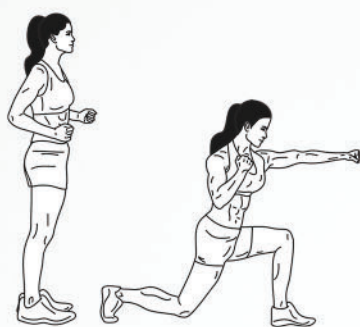


RAGE

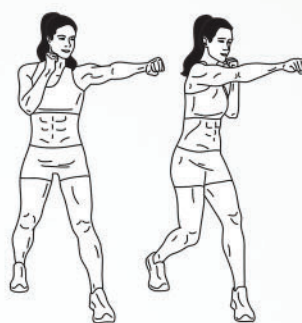
DAREBEE WORKOUT

@ darebee.com

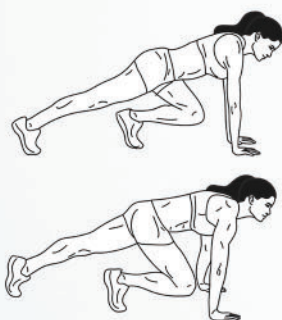
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



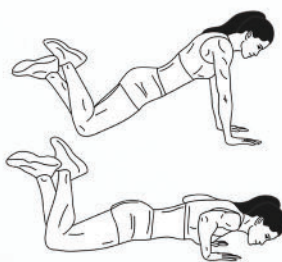
10 lunge punches



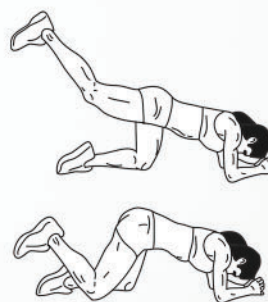
20 punches



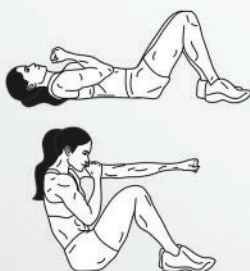
10 climbers



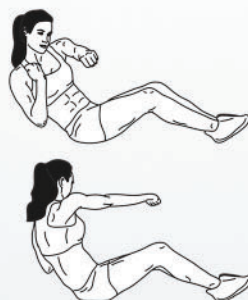
2 knee push-ups



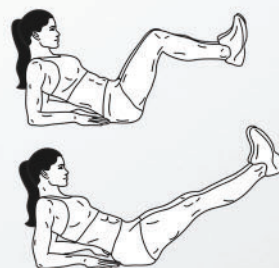
10 plank back kicks



2 sit-up punches

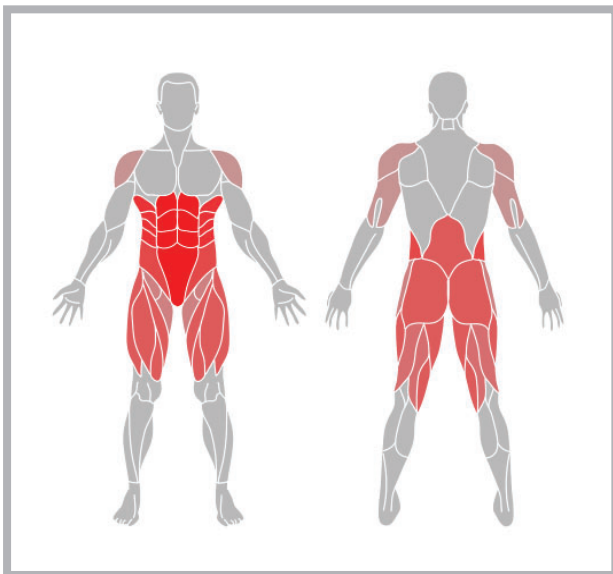


10 sitting punches



10 crunch kicks

For those days when you just wished for a full body workout that would activate virtually every muscle in your body, help make you feel alive and ready for anything, the RAWR workout is your perfect go-to set of exercises. Compact, quick and potent it will make you feel glad enough to be alive that you won't be able to help yourself but RAWR by the end of it.

Focus: Yoga

rawr

DAREBEE WORKOUT @ darebee.com

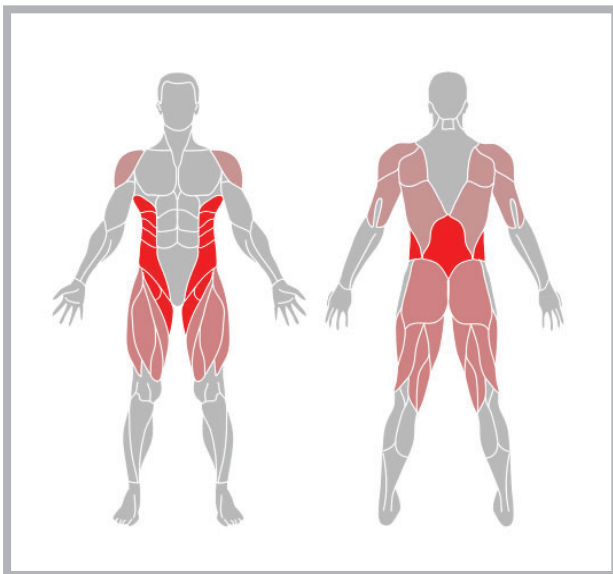
Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



Recovery Yoga

Help your body recover and your muscles revitalize with exercises that activate all the right muscle groups. Recovery is a difficulty Level I workout that helps your body and mind recover while still remaining physically active to keep you strong and healthy.

Focus: Yoga, Cool Down



recovery

YOGA WORKOUT by DAREBEE © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



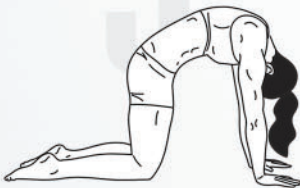
3



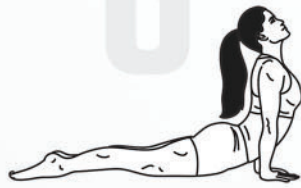
4



5



6



7



8



9



10



11

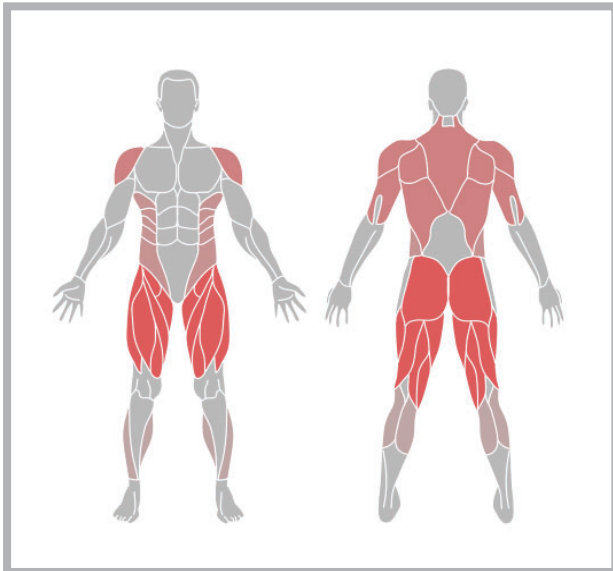


12



Build strength and ability slowly with the Re-gen workout. Perfect for when you're starting afresh, coming back from a break or recovering from injury. Almost every major muscle group is targeted, but you won't finish the workout feeling exhausted. Reduced fatigue also reduces the chances of injury and it doesn't overload the muscles.

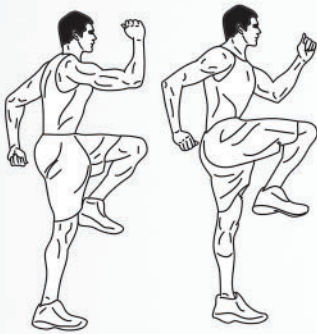
Focus: High Burn



RE-GEN

DAREBEE WORKOUT @ darebee.com

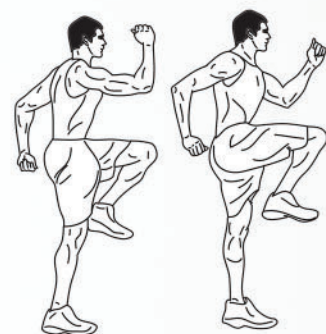
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



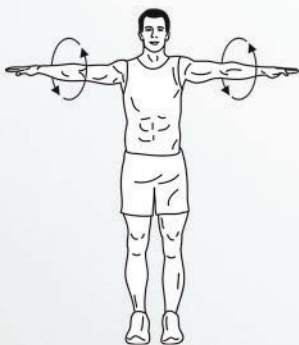
20 march steps



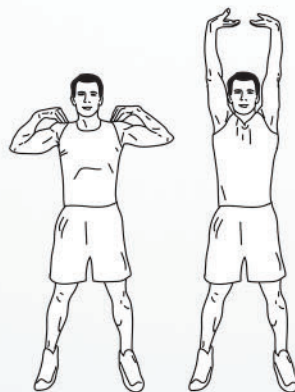
4 reverse lunges



20 march steps



20 raised arm circles



20 shoulder taps



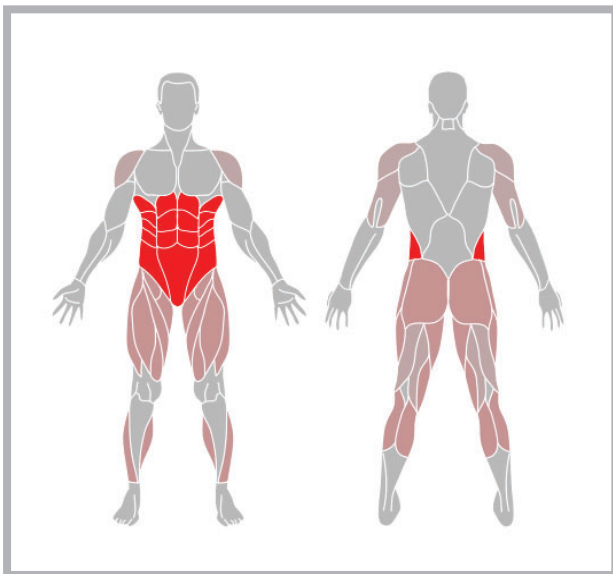
20 raised arm circles

75

Right Place, Right Time

Right Place, Right Time is a workout that places you in a position to activate your cardiovascular system, work your heart and lungs and get your whole system going quickly. Afterwards you will feel energized and ready to take on the world despite having worked out.

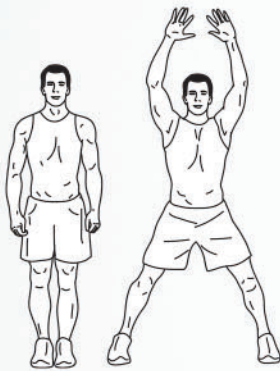
Focus: High Burn



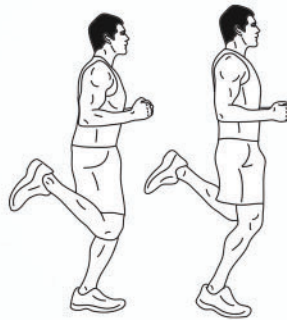
RIGHT PLACE, RIGHT TIME

DAREBEE WORKOUT @ darebee.com

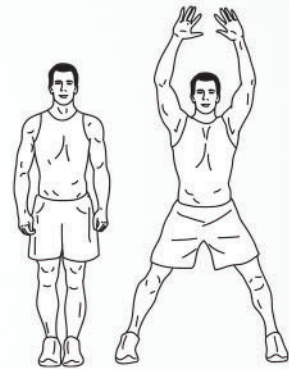
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



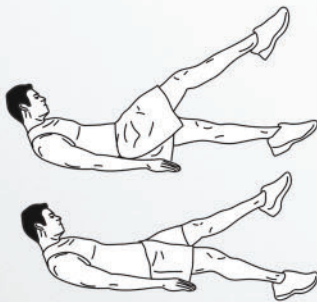
12 jumping jacks



12 butt kicks



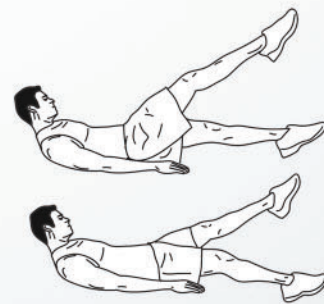
12 jumping jacks



12 flutter kicks



12 sitting twists



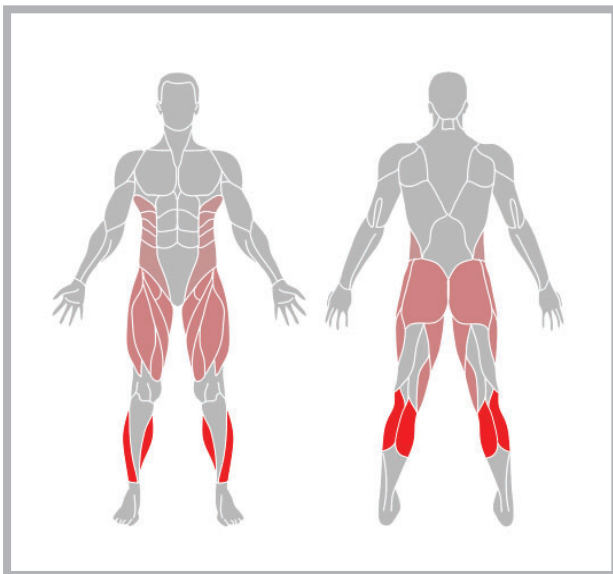
12 flutter kicks

76

Rocking Around

Being “light on your feet” requires strong calves, stable ankle, knee and hip joints and powerful tendons and ligaments. Good fascial fitness, great balance and the ability to recover quickly from high impact movements. Rocking Around is not a super-hard workout but it hits all the right buttons and delivers some impressive results.

Focus: High Burn

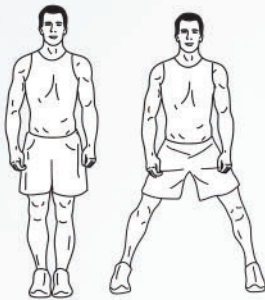


Rocking Around

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



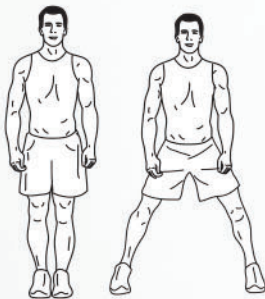
10 half jacks



2 hop heel clicks



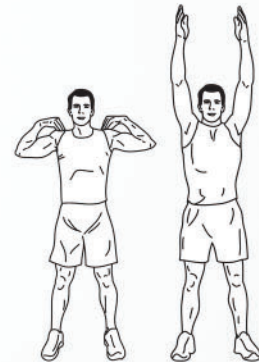
2 squats



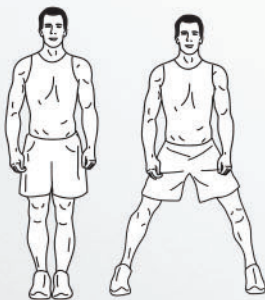
10 half jacks



2 hop heel clicks



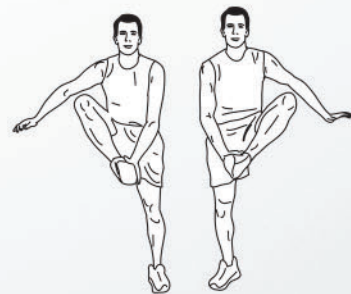
10 shoulder taps



10 half jacks



2 hop heel clicks



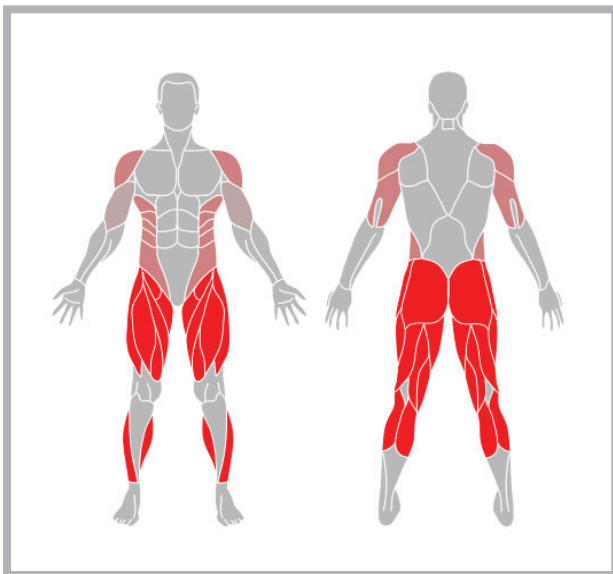
2 hop heel taps

77

Sage

Sage is a full body combat-prep workout that becomes your stepping stone to more demanding combat-based fitness workouts. Perfect for beginners this also becomes an entry-level workout for those looking to step things up a little.

Focus: Strength & Tone



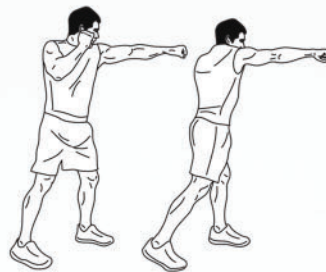
SAGE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 squats



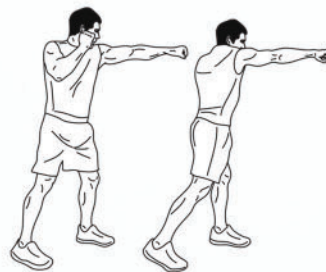
20 punches



10 single hip rotations



5 squats



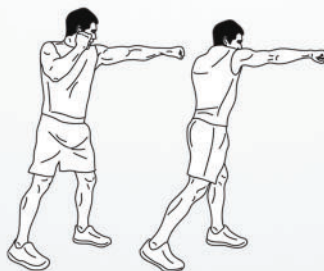
20 punches



5 calf raises



5 squats



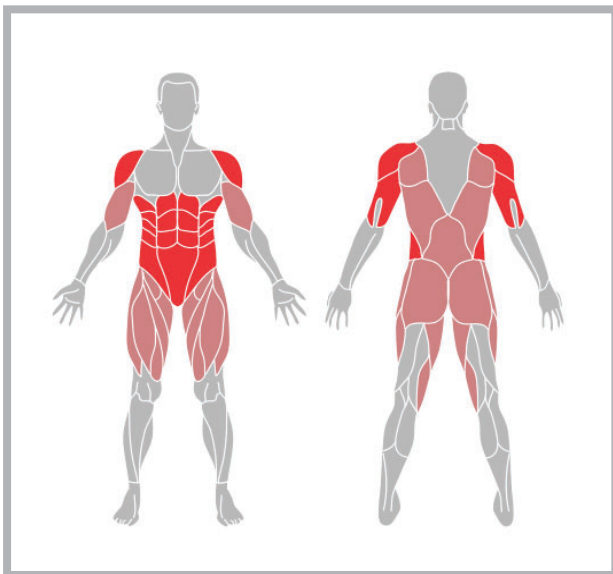
20 punches



10-count squat hold

A full-body workout should make you feel like an ultimate fighter working against the odds, behind enemy lines. As it happens Search & rescue is just that kind of full body workout.

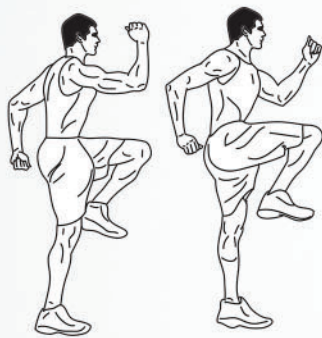
Focus: High Burn



SEARCH & RESCUE

DAREBEE WORKOUT @ darebee.com

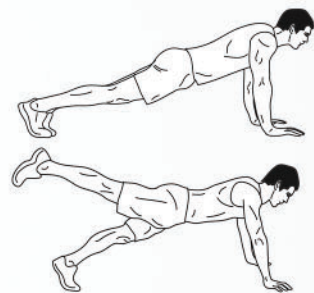
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



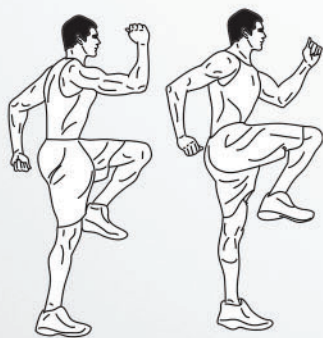
20 march steps



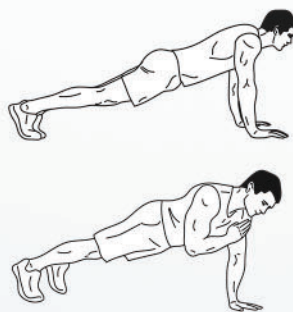
10 plank rotations



10 plank leg raises



20 march steps



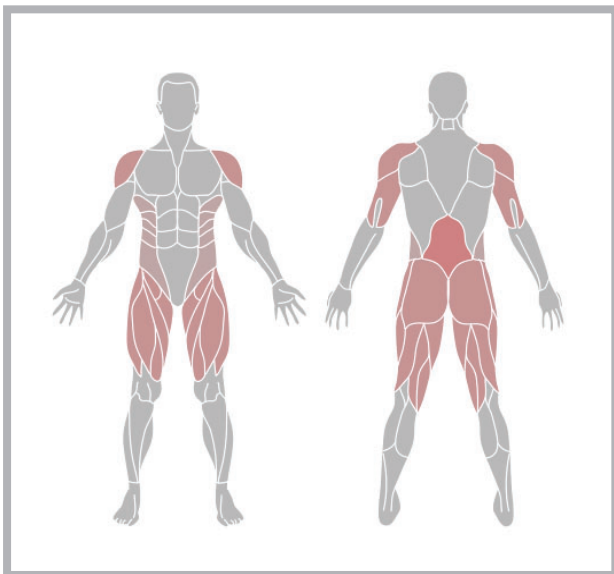
10 shoulder taps



10-count plank hold

On days when the world feels too large, too noisy, too complex and all you want to do is hide from it, you need a workout that makes you feel good about yourself. Anchors you in the physicality of your body and the presence of your mind. Helps you find yourself and understand where you are and how you feel. The Self-Care workout is just about that. No 'push', no seeking of limits here. Just a chance to do something that will say: I am here. I am me. I am capable. I will persist. I am enough.

Focus: Yoga



self-care

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9

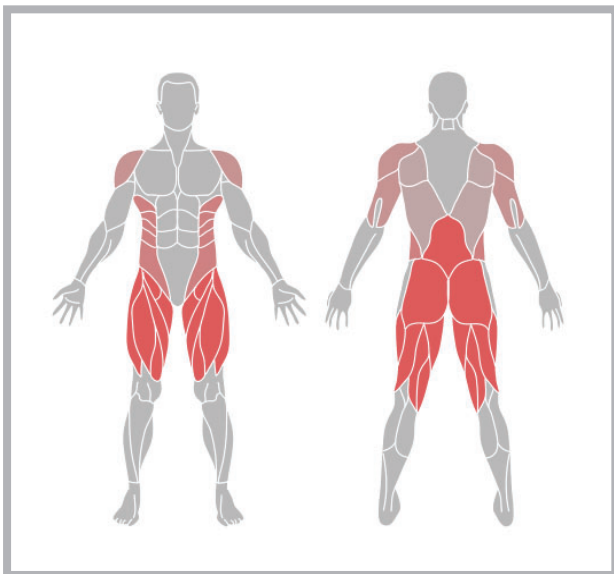


80

Serenity

Unlock your inner balance with the Serenity workout. Its flowing movements increase your own self-awareness and sense of totality within your self. You can't separate the inside from the outside which is why, as you flow from one pose to another, you also improve your inner balance as well as your external, physical one.

Focus: Yoga



SERENITY

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

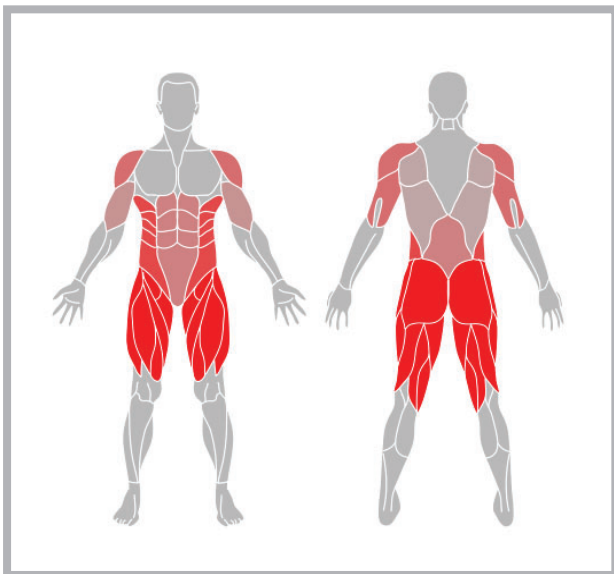
Repeat the sequence again on the other side.



Setting Goals

Without goals there are no targets. Without targets there is no effort. Without effort motivation dissipates. Luckily, the Setting Goals workout is here to address all this. Perfect for days when a full body workout is required.

Focus: Strength & Tone



Setting Goals

WORKOUT
BY DAREBEE

@ darebee.com

Level I 3 sets

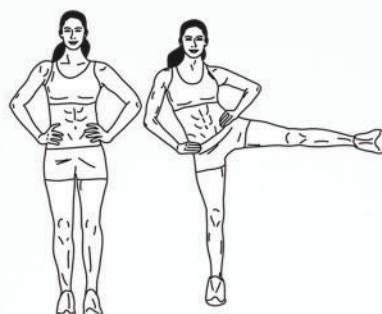
Level II 5 sets

Level III 7 sets

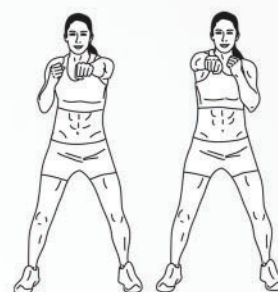
2 minutes rest



4 lunges



20 side leg raises



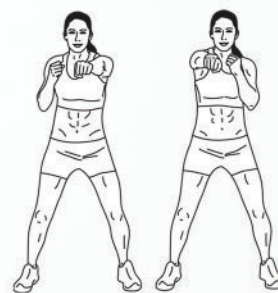
20 punches



4 lunges



4 knee-to-elbows



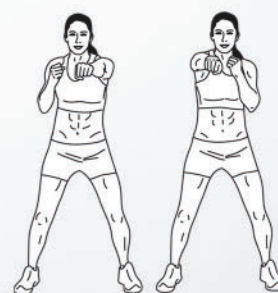
20 punches



4 lunges



20 back leg raises



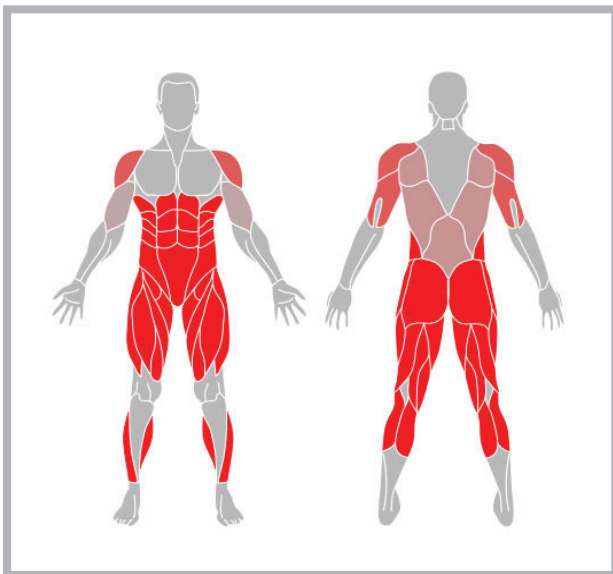
20 punches

82

Silent

Silent is a difficulty Level II full body workout that targets every major muscle group without ignoring tendons and ligaments. The result is a workout that look deceptively easy but will leave you feeling you've worked hard enough for your body to change for the better.

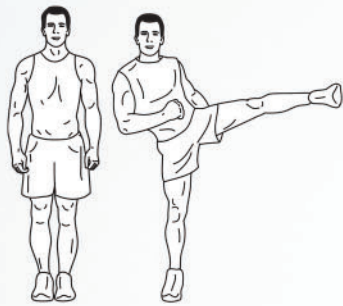
Focus: Strength & Tone



SILENT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side leg raises



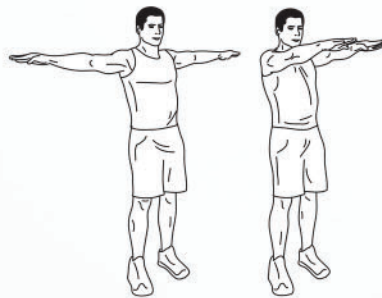
6 cossack squats



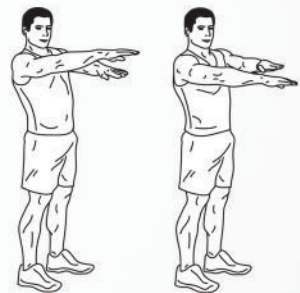
20 calf raises



20 raised arm circles



20 arm extensions



20 arm scissors

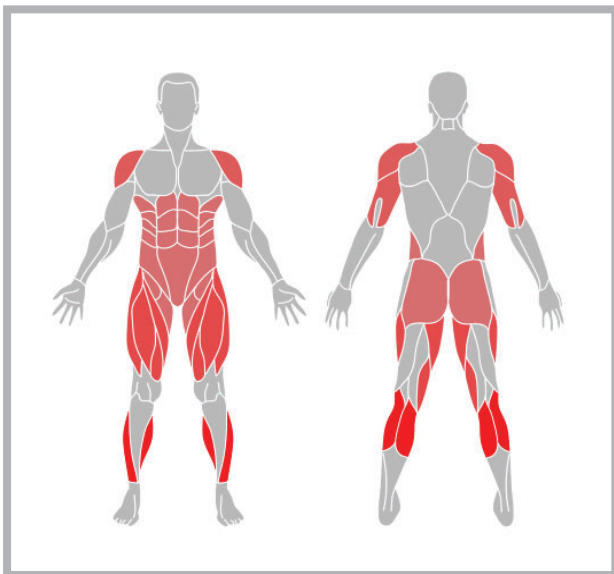


20-count plank hold

Something I Can Do

If you're new to fitness or if you're coming back after a lay-off you need to ease back into things with a workout you can actually do. Something I Can Do is a workout that targets strength, cardiovascular fitness and aerobic capacity (VO2 Max). It will help you get your body moving, kick-starting the process of building a better, fitter physical version of you.

Focus: High Burn



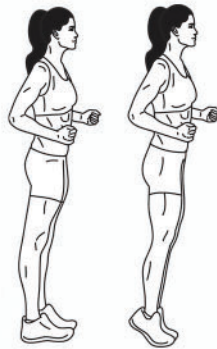
SOMETHING I CAN *actually* DO

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



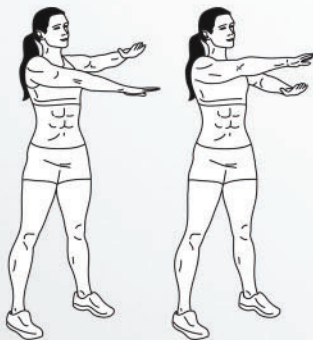
20 march steps



5 calf raises



20 butt kicks



20 arm scissors



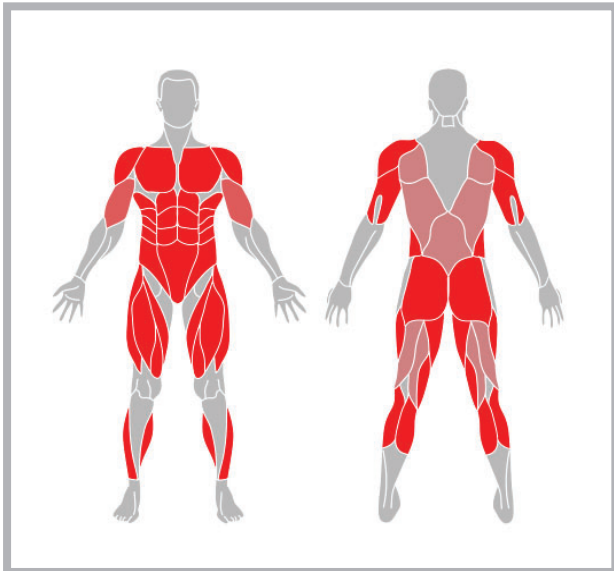
10 raised arm circles



10 knee-to-elbows

The Splinter workout is built around a core of Jump Squats which means you need to go down as low as you can each time, keeping your back straight and your heels completely flat on the floor. It is a full body workout with the muscles being put to use in all the other exercises building up on the power generated by the lower body to produce an effective, coordinated, machine.

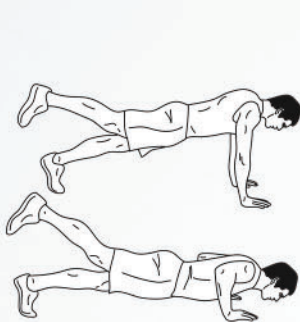
Focus: Strength & Tone



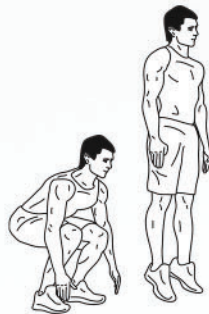
SPLINTER

DAREBEE WORKOUT @ darebee.com

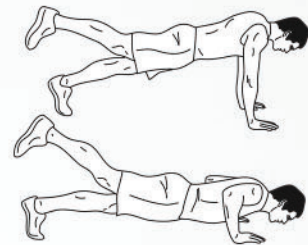
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



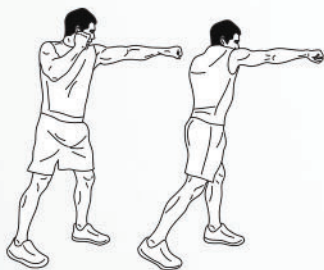
10 raised leg push-ups



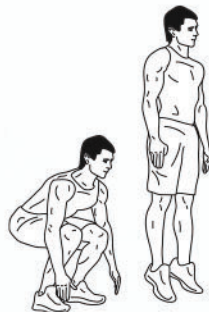
10 jump squats



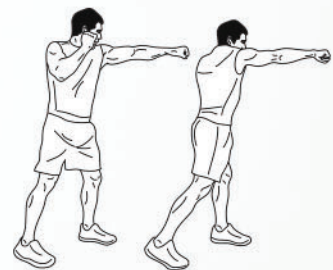
10 raised leg push-ups



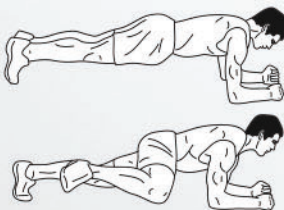
20 punches



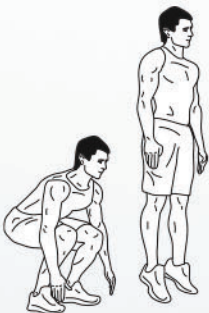
10 jump squats



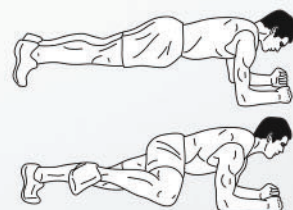
20 punches



10 plank crunches



10 jump squats



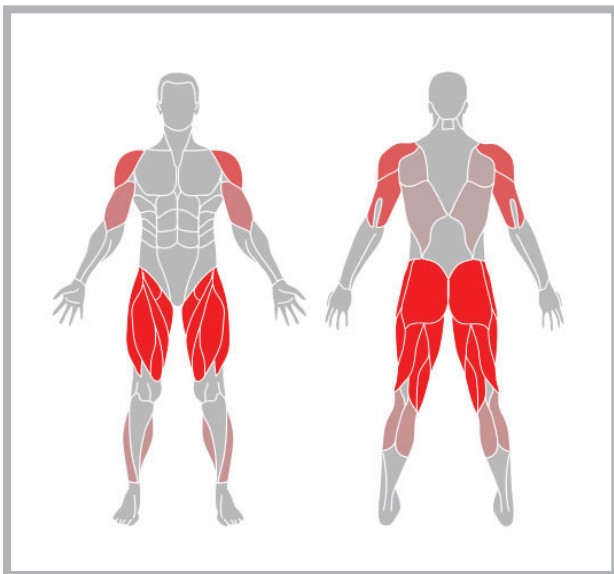
10 plank crunches

85

Stay Sane

Stay Sane is the workout you've been looking for. Designed for days when sanity's been tested by circumstances it takes your mind and body through a series of challenging exercises that will leave you feeling refocused, refreshed and ready to face the world again; on a more even keel.

Focus: High Burn



JUST TRYING TO **STAY SANE**

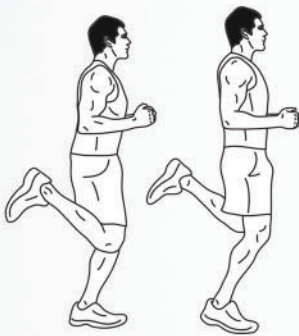
WORKOUT
BY DAREBEE
@ darebee.com

Level I 3 sets

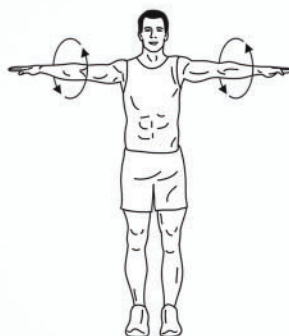
Level II 5 sets

Level III 7 sets

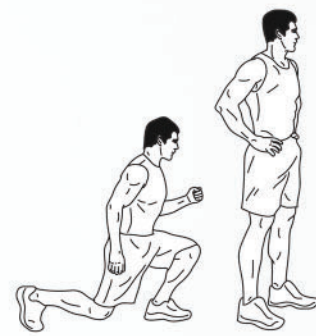
2 minutes rest



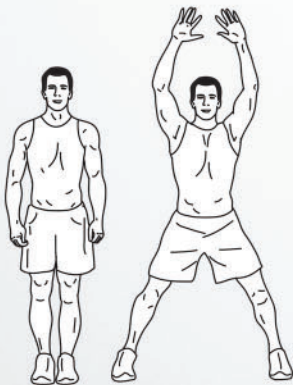
10 butt kicks



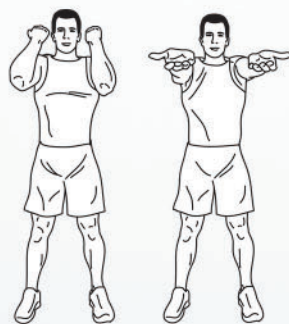
10 raised arm circles



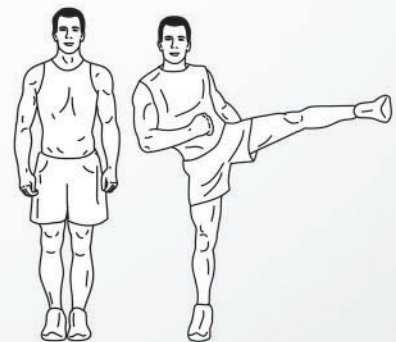
10 reverse lunges



10 jumping jacks



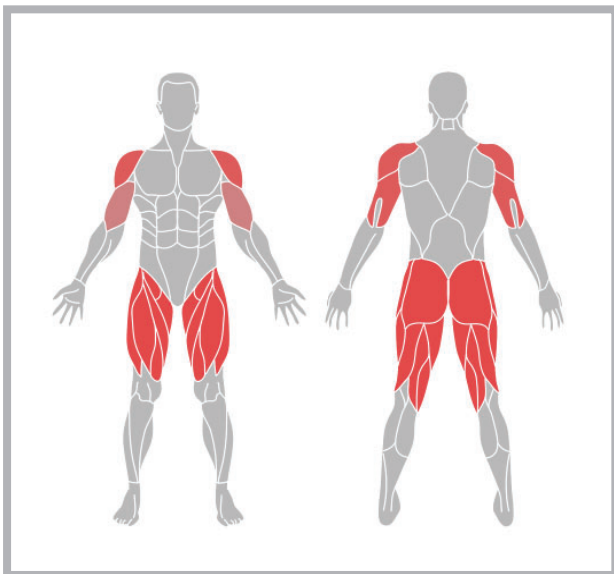
10 bicep extensions



10 side leg raises

Story Mode is a difficulty level II workout that tasks the entire body with the need to move. No character in any story has ever made it past chapter I without the ability to command their entire body and make full use of their resources. Story Mode then helps you get on the road to fulfilling the entire length of your own personal narrative.

Focus: Strength & Tone



STORY MODE

DAREBEE
WORKOUT

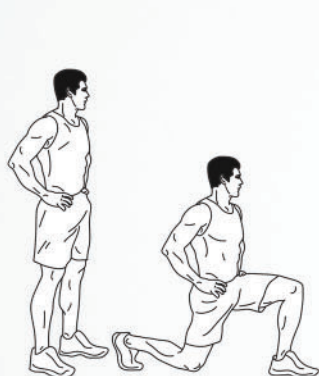
@ darebee.com

Level I 3 sets

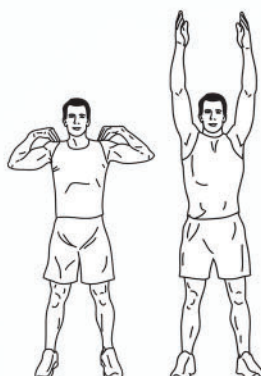
Level II 5 sets

Level III 7 sets

2 minutes rest



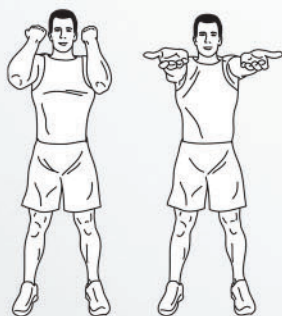
6 lunges



20 shoulder taps



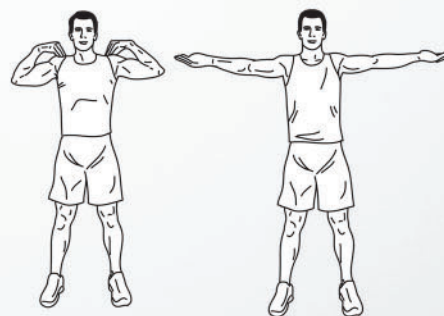
6 lunges



20 bicep extensions



6 lunges

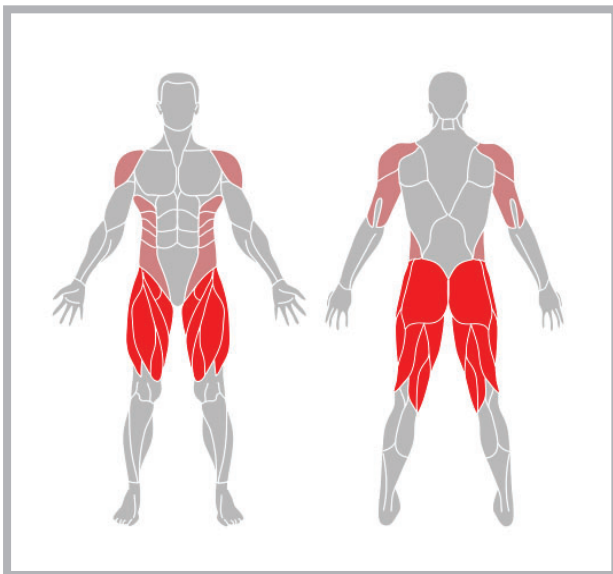


20 side shoulder taps

Stronger Today

Stronger Today is a deceptively easy-looking workout. It's a full body workout that puts quite a lot of load on the large muscle groups of the lower body without neglecting the tendons. As such it works your cardiovascular system and raises your body temperature without, however, emptying your batteries.

Focus: Strength & Tone



Stronger Today

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets



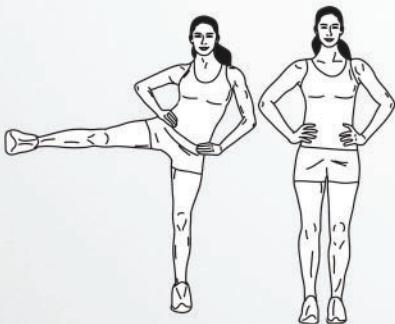
5 squats



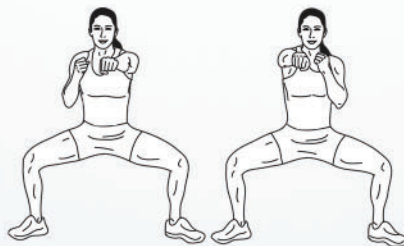
20 squat hold punches



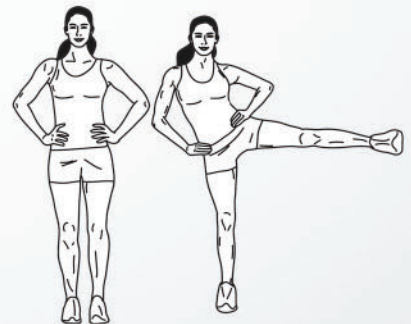
5 squats



10 side leg raises
right leg



20 squat hold punches



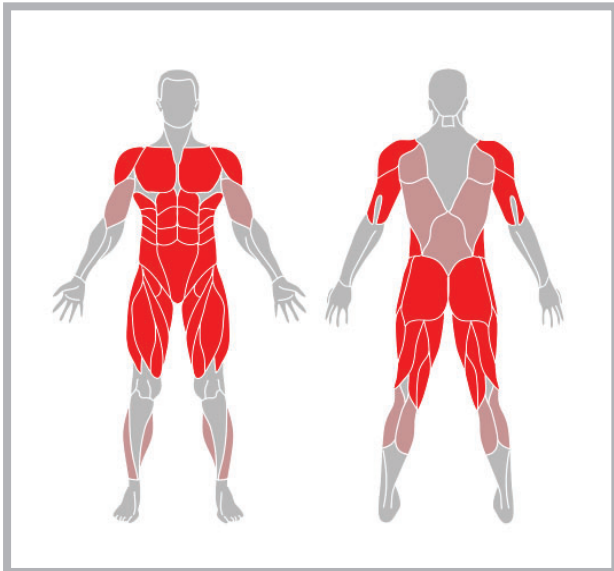
10 side leg raises
left leg

88

Today

A full body strength workout helps activate your muscles, increase strength and increase power by establishing higher levels of coordination between different muscle groups. Today is The Day is a workout that helps you do all three.

Focus: Strength & Tone



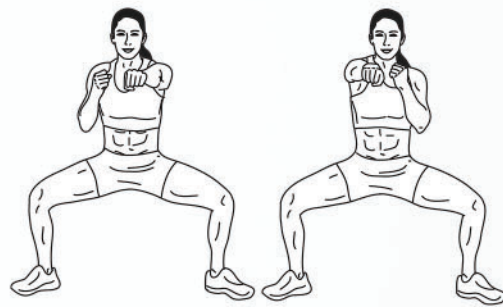
TODAY IS THE DAY

DAREBEE WORKOUT @ darebee.com

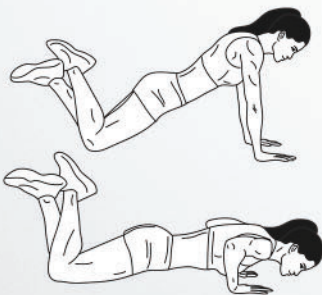
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



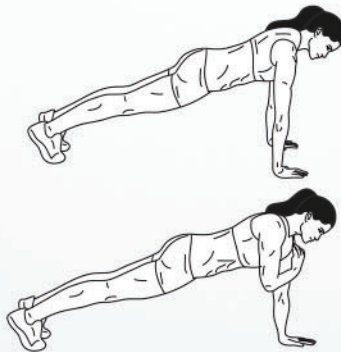
10 lunge step-ups



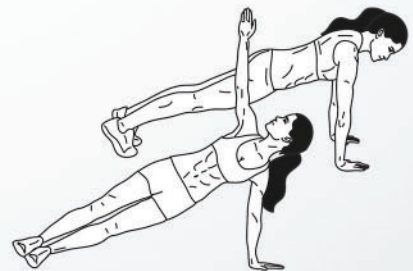
20 squat hold punches



10 knee push-ups



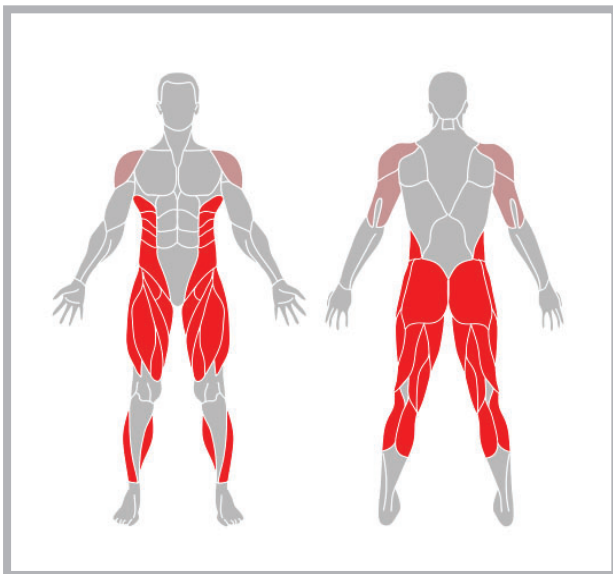
20 shoulder taps



10 plank rotations

What really gives you total control of your body are not your muscles, though certainly they contribute, but the different links of the body's kinetic chain, which means we are talking now tendons, ligaments and the way muscle groups coordinate to maintain balance when the body is in motion or in a static pose. This is why Total Control is a workout you need to do at least once a month. It will not exhaust you but it will help you level up in your athleticism.

Focus: Strength & Tone



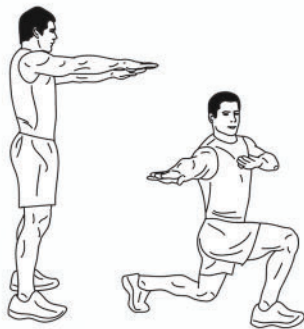
TOTAL CONTROL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



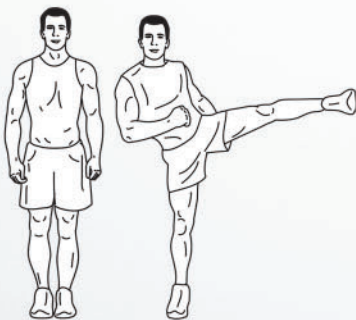
10 lunge step-ups



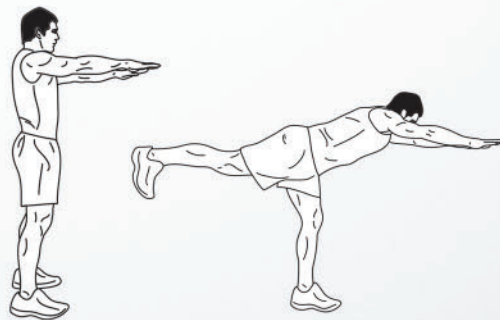
4 lunges with twist



4 balance side lunges



10 side leg raises



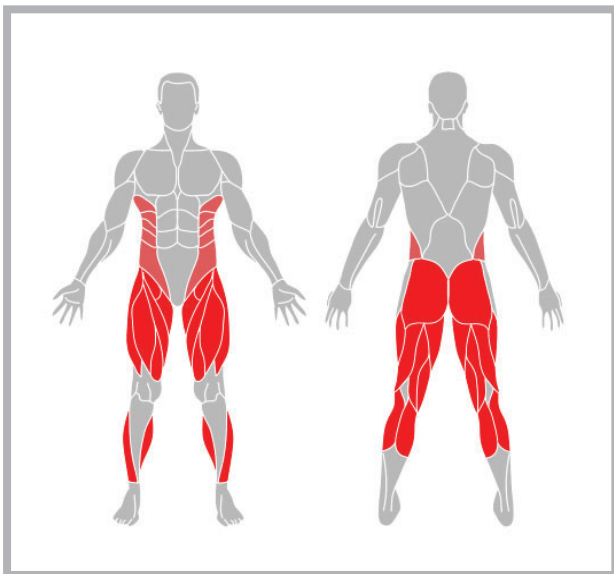
4 single leg deadlifts

90

Track & Field

Track & field fitness requires strength, agility, a strong cardiovascular system, good aerobic capacity and great endurance. The Track & Field workout targets specific muscle groups to help load the aerobic and cardiovascular systems and deliver the adaptive response required to help change your physiology from the inside out.

Focus: High Burn



TRACK & FIELD

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



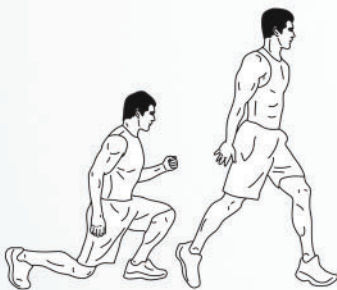
10 high knees



one jump knee tuck



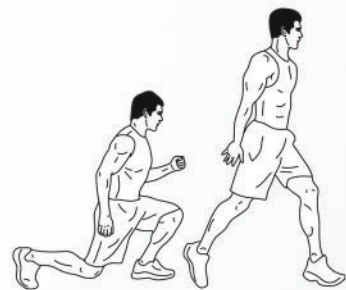
10 high knees



one jump lunge



10 high knees



one jump lunge



10 high knees



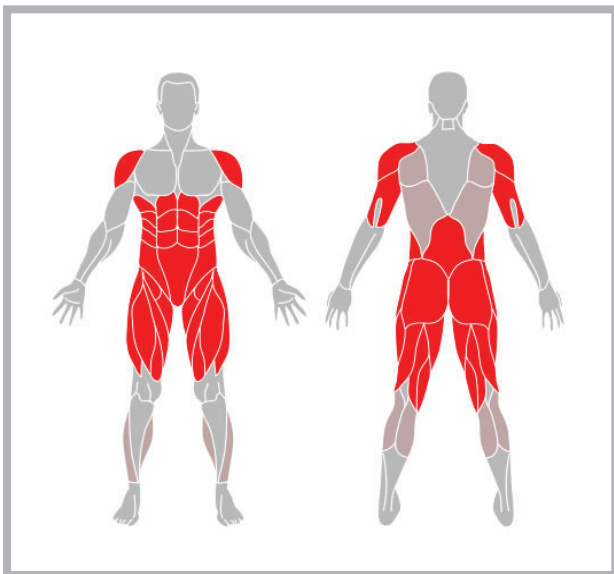
one jump knee tuck



10 high knees

Occasionally there comes a workout that combines all the body's kinetic chains, activates the core, works tendons, muscles and ligaments, exercises the body's fascial tissue, works the lungs and gets your heart pumping and challenges all the major muscle groups in the body.

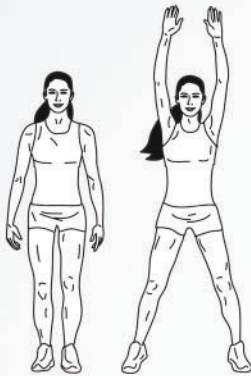
Focus: High Burn



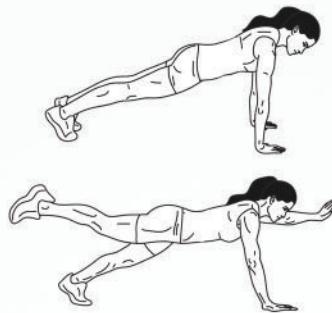
Unicorn

DAREBEE WORKOUT @ darebee.com

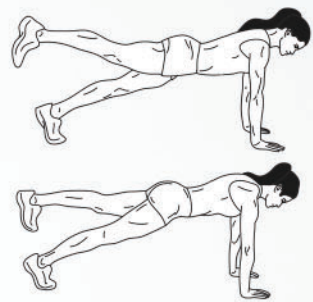
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



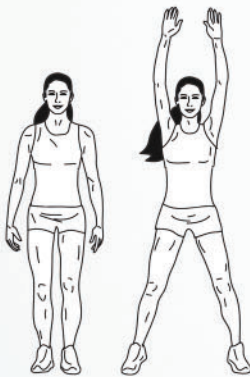
10 jumping jacks



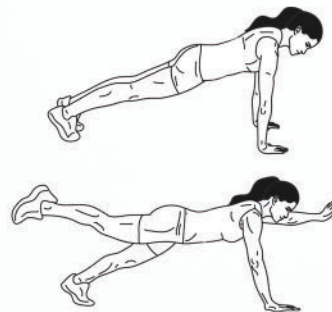
4 alt arm/leg raises



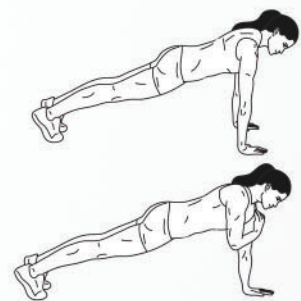
4 plank leg raises



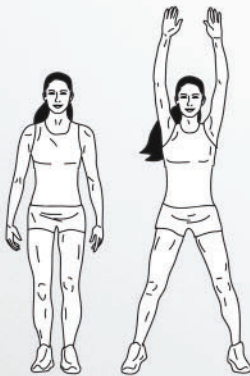
10 jumping jacks



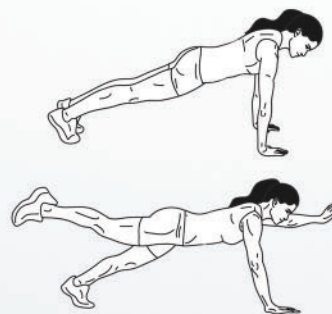
4 alt arm/leg raises



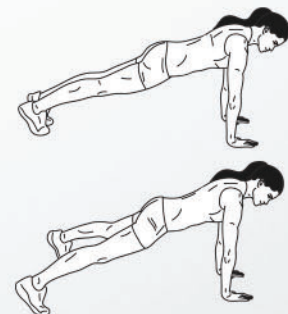
4 shoulder taps



10 jumping jacks

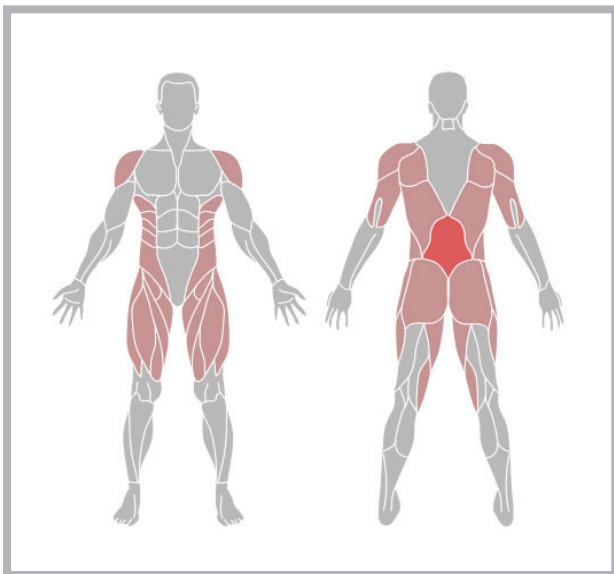


4 alt arm/leg raises



4 plank jacks

This quick yoga sequence is an ideal post-workout routine. Start with the first Cat-Cow exercises by slowly shifting from one to the other and taking deep breaths for 30 seconds. Then hold the Cow pose and breathe out rapidly 5 times through the mouth. Hold the pose for the rest of 30 seconds and breathe normally through your nose. Hold each pose after #2 for 30 seconds and relax. Change sides halfway through during #5 and #8. Execution time from #3 to #9 can be extended to 1 minute if you feel you need more time to stretch.

Focus: Yoga

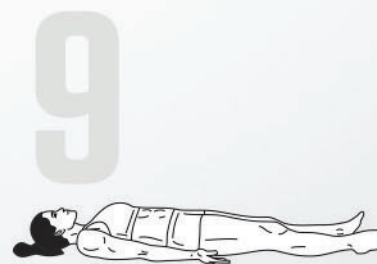
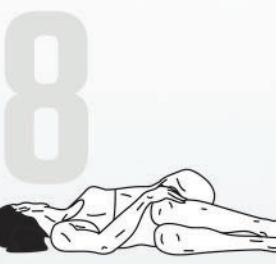
UNWIND

DAREBEE WORKOUT @ darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

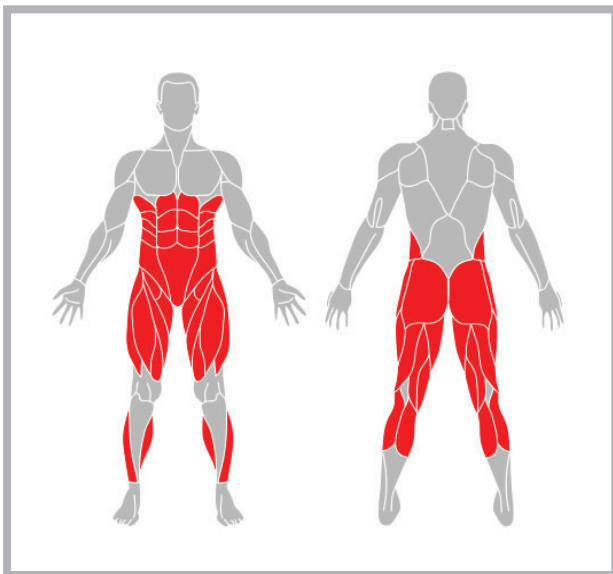
#2 Breathe out quickly 5 times then hold the pose.

Hold each pose after #2 for 30 seconds.



Mixing standing and floor exercises is not just a challenge to the body's different kinetic chains, it also hardens our cardiovascular system that needs to adjust each time we change position to take into account the pull of the Earth's gravity and the extra load required to get blood to circulate in the body and get to the muscles when we stand up again. This makes Up & Down harder than it appears.

Focus: Strength & Tone



Up & Down

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 calf raises



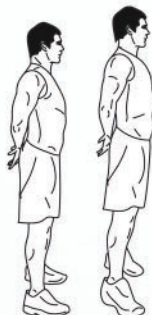
5 squats



5 calf raises



10-count plank hold



5 calf raises



10-count plank hold



5 calf raises



5 squats

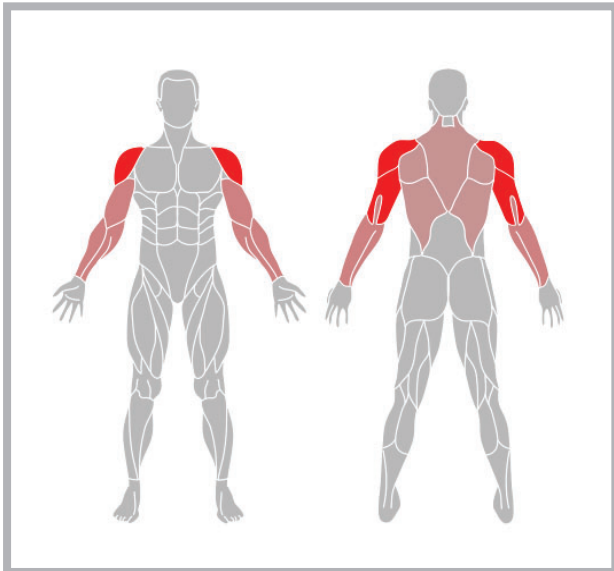


5 calf raises

Upperbody Tendon Strength

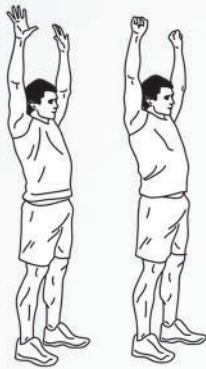
The Upper Body Tendon Strength workout will help you develop speed and power in your upper body movements. This is not a heavy workout so it should be one you get to do as frequently as possible in order to achieve the necessary structural changes in the tendons.

Focus: Cool Down

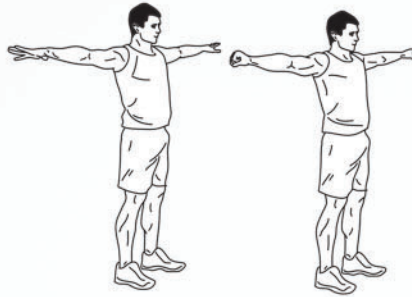


UPPERBODY TENDON STRENGTH

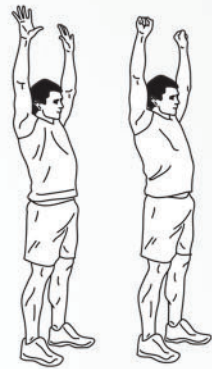
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30sec clench/unclench
overhead



60sec clench / unclench
arms raised to the side



30sec clench/unclench
overhead



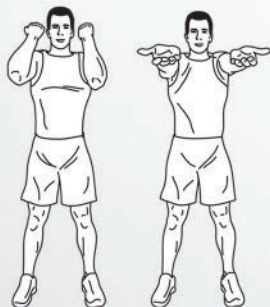
30sec raised arm circles



60sec hold



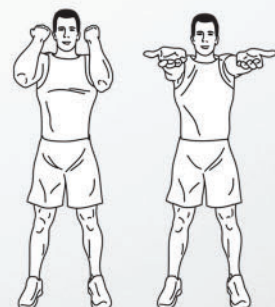
30sec raised arm circles



30sec bicep extensions



60sec hold



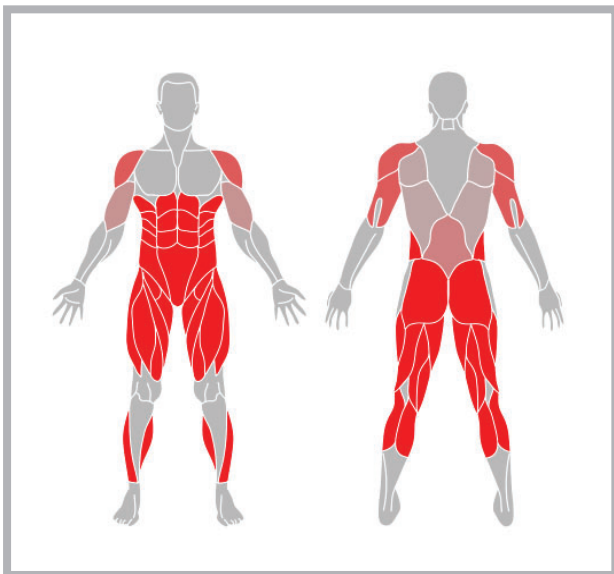
30sec bicep extensions

95

What Doesn't Kill You

You will ask how is it possible for a workout titled What Doesn't Kill You to be only a difficulty level two workout? The answer is to be found only when you reach the seventh set of Level III. Try it.

Focus: High Burn



What doesn't Kill you

DAREBEE WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



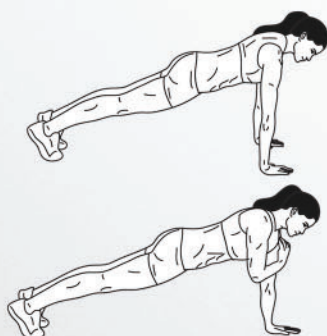
20 high knees



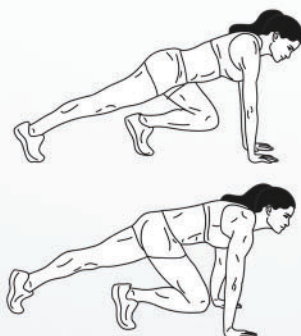
20 march steps



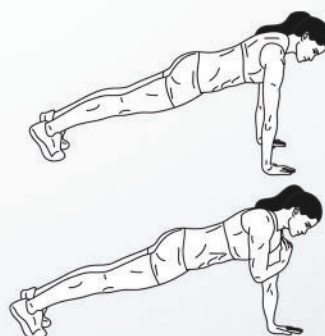
20 high knees



20 shoulder taps



20 climbers

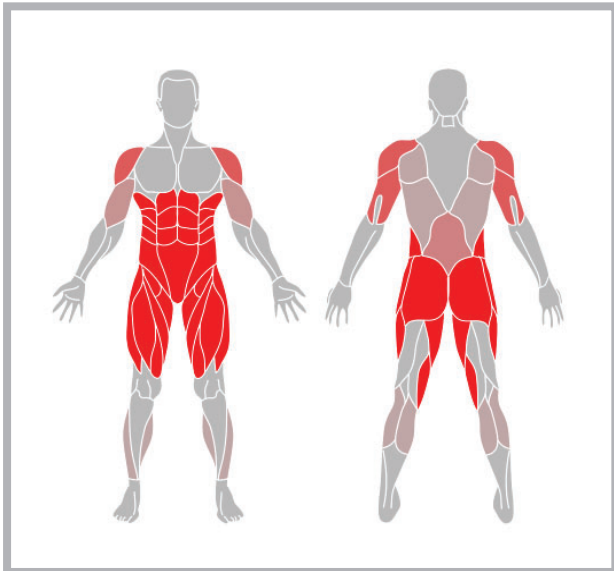


20 shoulder taps

Workout I Promised

Remember the workout you promised your body to make up for all those times life got in the way of training and exercise? Well, That Workout I Promised is exactly the one. It's designed to be light and fast, raise your core temperature, get you in the sweat zone but not exhaust or push you to the limit after a few missed workouts. The result is something your body will love, will make you feel good and it will re-awaken all those foundational fitness attributes that have been awaiting this moment to come to life.

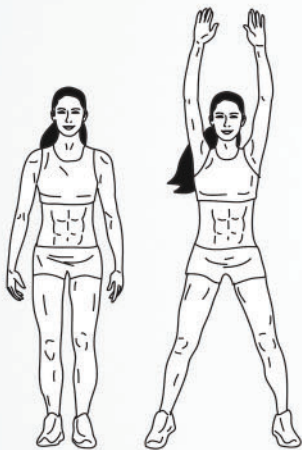
Focus: High Burn



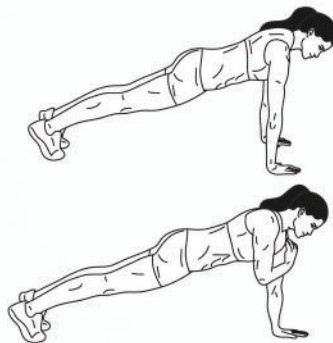
THAT **WORKOUT** I PROMISED

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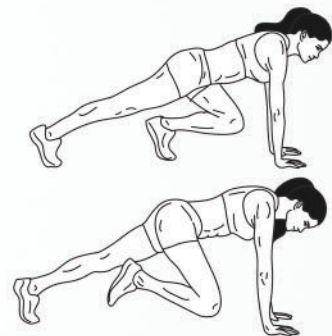
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



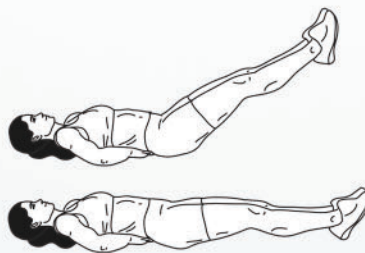
20 shoulder taps



20 climbers



10 bicycle crunches



10 leg raises

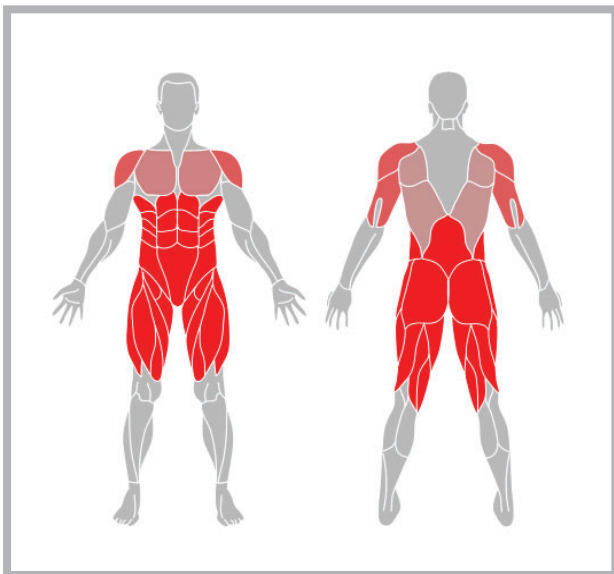


10 sitting twists

Workout That Happened

Whole-body workouts are great time-saving activities that deliver excellent functional fitness results. Workout That Happened is a moderately difficult, total-body workout that targets virtually every major muscle group. The result is a workout that helps you build on your current level of fitness without draining your batteries or being unable to get through the rest of your day.

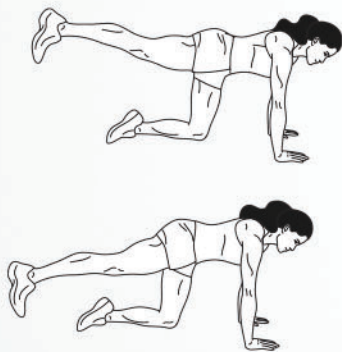
Focus: Strength & Tone



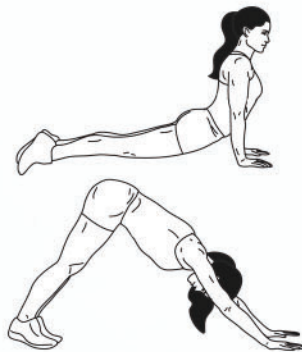
WORKOUT THAT HAPPENED

BY DAREBEE © darebee.com

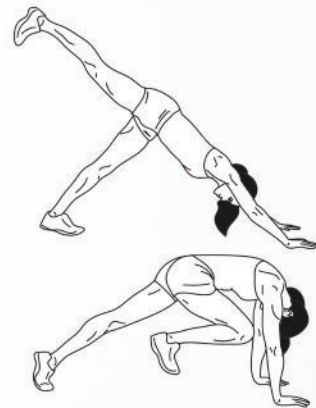
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



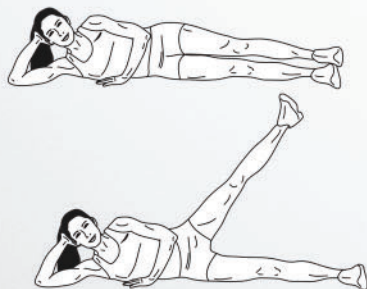
20 leg raises



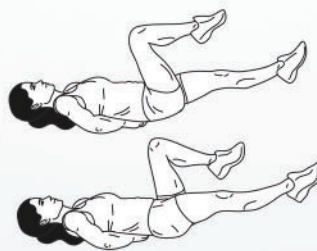
5 upward downward dog



10 knee-in extensions



20 side leg raises



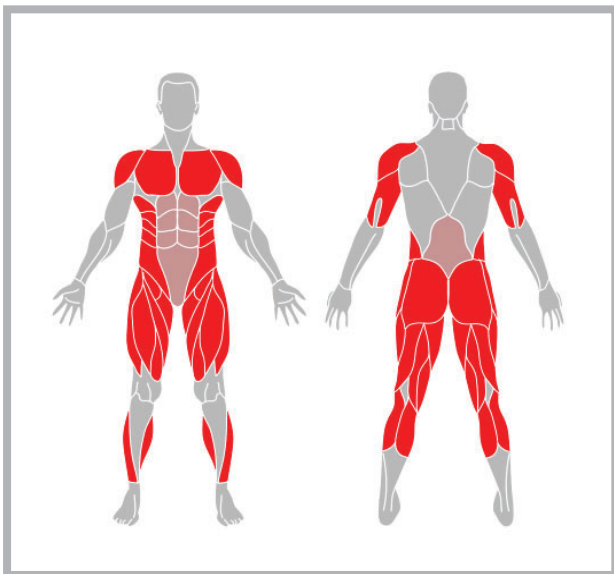
10 air bike crunches



10 crunches

Worth It is a workout that loads all your major muscle groups using a combination of open and closed kinetic chain exercises that include both floor work and high impact. The result is that the workout ends up way more challenging than it first appears. But it will leave you feeling worthy which is exactly why the workout itself is Worth It!

Focus: High Burn



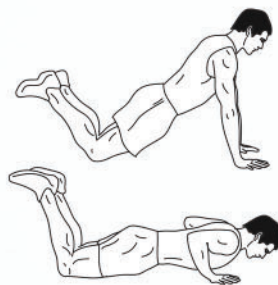
WORTH IT!

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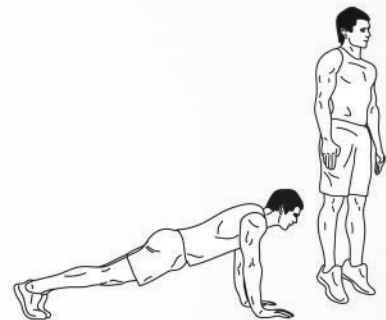
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



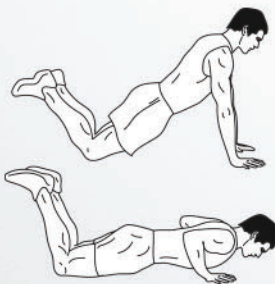
20 high knees



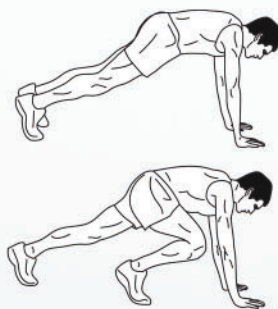
4 knee push-ups



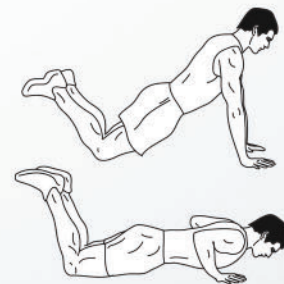
4 basic burpees



4 knee push-ups



20 slow climbers



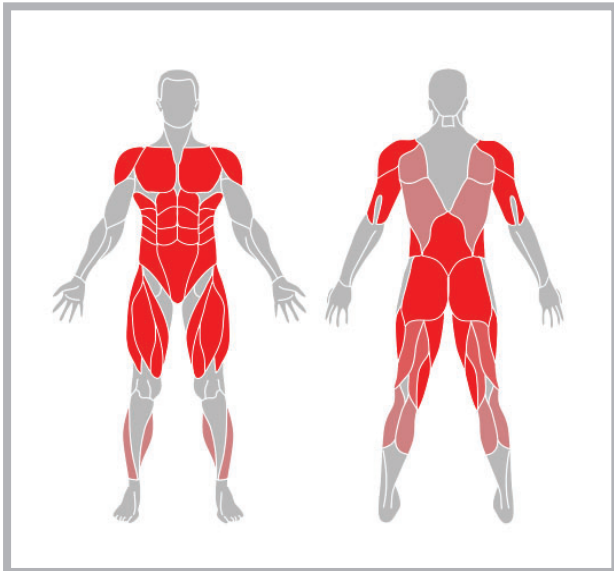
4 knee push-ups

99

Wrestler

Wrestling is an activity that uses the body's core and tendon strength to the max so you know that the Wrestler workout is going to load your body, test its fascial fitness and force you to level up by recruiting as many muscle groups as possible.

Focus: Strength & Tone



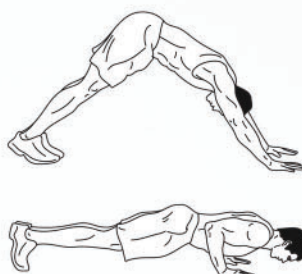
WRESTLER

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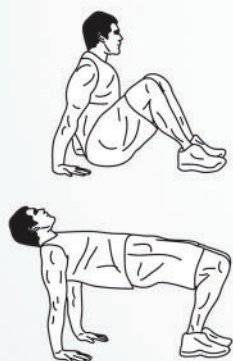
2 minutes rest between exercises



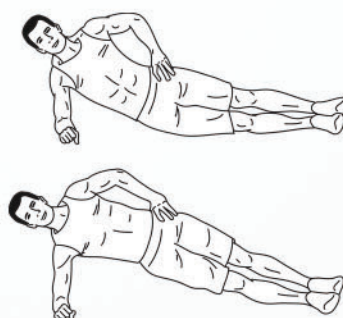
20 squats
x 3 sets in total
20 seconds rest
between sets



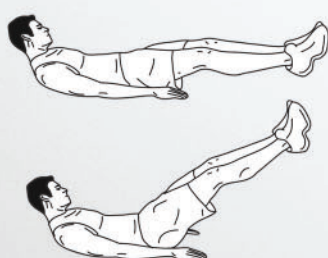
20 judo push-ups
x 3 sets in total
20 seconds rest
between sets



20 full bridges
x 3 sets in total
20 seconds rest
between sets



20 side bridges
x 3 sets in total
20 seconds rest
between sets



20 leg raises
x 3 sets in total
20 seconds rest
between sets



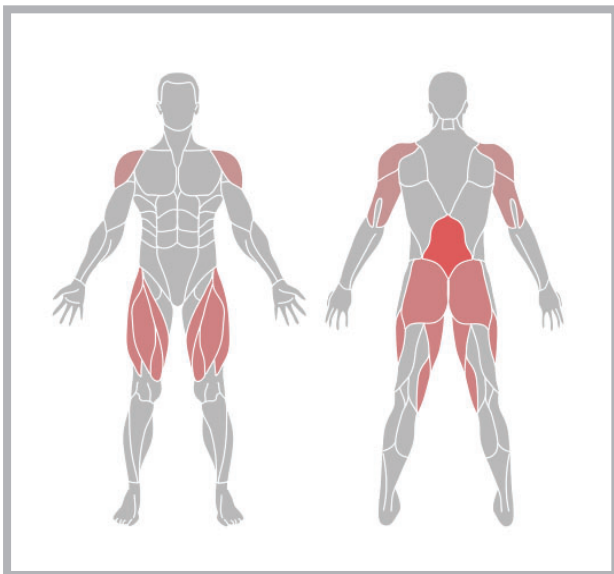
20 sitting twists
x 3 sets in total
20 seconds rest
between sets

100

Zen

A workout that flows, lets your muscles, tendons and ligaments stretch and unwind and relaxes your mind cannot be called anything other than Zen. This is for those days when everything is really too much and you have little juice left in your batteries for something harder. Zen is a workout that will help you re-center yourself and start to feel energized again.

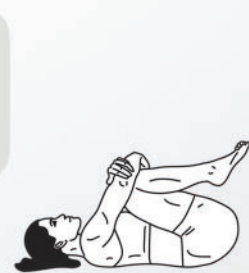
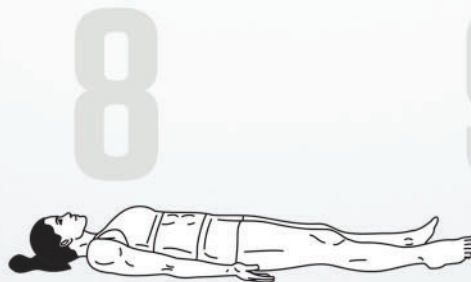
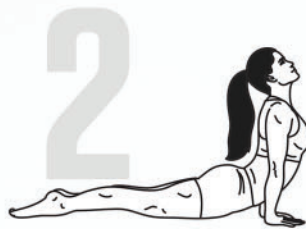
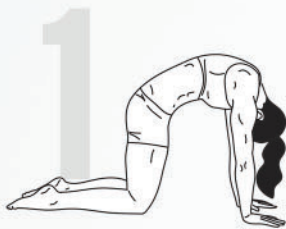
Focus: Yoga



ZEN

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Hold each pose for 30 seconds then move on to the next one.



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